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THE  
FAMILY GUIDE  
TO  
HEALTH,  
CONTAINING A DESCRIPTION  
OF THE BOTANIC THOMSONIAN SYSTEM OF  
MEDICINE.

WITH A BIOGRAPHICAL SKETCH OF THE AUTHOR.

BY J. A. BROWN,

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“ Must we go to Europe to import mineral poisons?— Must the wealth of the country be sent abroad to bring amongst us the instruments of death? Must we pay with the substance of our lives, for aching bones and ruined constitutions? No! never! The remedies are here; they are spread over the plains and the mountains in abundance, they surround every cottage and bloom round every cabin over the vast and tractless wilderness.”—*Robinson.*

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## TO THE PUBLIC.

*In the preparation of the following pages, the author has not been actuated by a desire to come into competition with Doctor Thomson, nor, by offering them to the public, does he wish to interfere with the sale of that gentleman's works, or his rights as a private citizen, and the original inventor of the mode of practice herein described. Having, for years, been sensible of the necessity of some general and familiar guide, for the use of such persons as may be unable to purchase more expensive works, the author has finally come to the determination to supply the deficiency, as far as his ability and experience will permit.*

*Those into whose hands this work may fall, who may be acquainted with the works of Thomson, and with those of other writers on the same subject, will readily perceive that we have adopted a plan different from all of them. It has been, apparently, the object of those who have written and published books on the subject of the Botanic Medical Practice, to swell the size of their works, by the insertion of something to help make up a book, although it might be entirely useless and uninteresting to the common reader. In this way they have made them unsuitable for a general guide for the unlearned and labor-*

ing classes, who have little time for the study of medical books, and as little disposition to spend that time in selecting from a great mass of matter, the little which only is useful. The consequence is, they soon become impatient of the task, and reject the whole, as useless and incomprehensible.

The author has not the vanity to suppose, that this little treatise is sufficient to make every man a physician, either for himself or for others, in all cases, and under all circumstances; but he feels fully confident, that if people will study it carefully, and follow the directions it contains, they may prevent forty-nine fiftieths of the sickness, which now causes so much pain, distress, sorrow and suffering; while at the same time, they will not subject themselves to the numerous aches, afterpains, and thousands of other miseries, so commonly experienced, as the long standing and often fatal effects of mineral poisons administered by the boasted Medical Faculty.

Hoping that our endeavors may prove serviceable to our fellow men, by enabling them to prevent or to baffle disease, and thereby to relieve suffering humanity, we offer them to the public, with our respects and best wishes.



## P R E F A C E.

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THE preservation of life and health, is the first great object, to which our attention is naturally directed. Of course, the most effectual means to promote that object, are worthy of our highest consideration; and their discovery, and the proper mode of application, is an attainment which cannot be too highly estimated. It is one in which all are deeply interested, and on which, every one should be qualified to judge. We need not argue this point with the reader. The proposition will meet a ready response in every breast; for all know that life and health are blessings, which cannot be purchased at a sacrifice too great.

Though man may be rescued from the grasp of death, and raised from the bed of languishing, still, to be left to drag out a miserable existence, in consequence of the means used to preserve life, is an evil of the highest magnitude. Though such an one may be said to exist, yet his existence is scarcely a blessing; for, deprived of the enjoyment of health, and the system retaining the seeds of disease, and the active causes of premature decay, pain and misery become the companions of his bosom, and he may be said to endure, rather than to enjoy, a *living death*.

besides—the preservation of health is quite as important as its restoration. It has been truly said, “an ounce of preventive is worth a pound of cure.” Every case of severe and protracted disease, even though not fatal at the time, preys upon the system, wastes its energies, impairs the constitution, and accelerates our progress to the tomb. It is obvious then, that plain and simple rules which all can understand, and cheap, safe and efficacious remedies, always at hand, which may be readily applied, and which rarely fail to remove the incipient causes of disease, and thereby prevent extreme suffering, and perhaps death, as well as the loss of time and money, must be a desideratum to mankind, of inestimable value.

That the physicians in what is termed the *regular* practice, sometimes effect apparent cures, we have no disposition to deny; and a portion of those cures, where diseases are slight, and taken in their incipient stages, may be real and permanent. But, by far the greater portion of the supposed cures, and especially in cases of obstinate fevers, we are well satisfied, from our own observation and the testimony of others, leave the patient the victim of lingering disease and torment, created by the very remedies employed for the restoration of health, and worse, even than the original malady, under which he suffered.

The Botanic Medical Practice furnishes safe, efficacious, and *healthy* substitutes for those poisonous remedial agents. It furnishes the healing balm from the products of our own soil, to remove disease, to restore the sufferer to sound health, and without leaving him subject to those

enervating and deleterious effects, produced from the mineral poisons, with which a false science and a heartless cupidity have combined to curse suffering humanity.

The veil of mystery which has hitherto enveloped the medical science and practice, has prevented men from looking into the nature of the diseases incident to our race; hence, but few are aware that the slightest indisposition is, but too generally, the precursor of some distressing, if not fatal malady. In apparently slight cases, to call a physician, is troublesome and expensive. The members of the domestic circle are unacquainted with the symptoms, and the means of prevention. All has been entrusted to the Doctor, as having the only legitimate right to know any thing about diseases. The case is neglected for the present, as there appears no immediate cause for alarm.

The "slight cold" continues—the appetite fails—a burning sensation creeps over the skin, followed by alternate cold and shivering—pains dart through the head, sides, and limbs—and there is parching thirst, and continual restlessness. In the morning, the patient attempts to rise from his bed—faints—finds himself *sick*—and sends for a doctor; who, on his arrival, finds the person who had a "*slight cold*," burning up with a raging fever.—Calomel and the lancet, are applied; but in vain. Perhaps nature may finally prevail over the disease and the *remedies applied*. The patient may recover, to feel, during the remainder of his life, the pernicious effects of the drugs he has been compelled to swallow; or, which is quite as probable, the disease may triumph, and aided

in the work of death, by calomel and the lancet, hurry the suffering victim to a premature grave.

As a preventive against the fatal evil, the Botanic Practice presents the beneficent means which nature has provided, and freely furnishes. It is not too much to say, that, in almost all cases, where those remedies are seasonably applied, according to the simple directions which will be found in the following pages, disease will be readily baffled, and the fatal or pernicious effects which otherwise ensue either from the disease itself or a false mode of treatment, be entirely prevented.

These hints are not speculative. They are founded on the result of an experience of many years; and there are thousands now living in the enjoyment of sound health, who can and do attest to their truth; and who, but for the Thomsonian Botanic System of Medical Practice, would long since have slumbered in their graves, or been dragging out a miserable existence, in the daily expectation of being released from suffering by the hand of death.

We entertain you with no fiction. We speak only of substantial reality:—And, though our system has been opposed by the Medical Faculty and its friends, from the first moment of its introduction by Samuel Thomson, yet no one can deny its superior success over all others, and that it has often succeeded when all others had failed.—But notwithstanding the violence of the opposition it has had to encounter, and the unhallowed means adopted to carry out that opposition, its march has been constantly onward. Little by little, the light of simple truth has

penetrated the mystic shades of legal quackery; and mankind are daily yielding to the conviction, that it is better to be saved by the students of nature's laws, who deal in nature's remedies, than to be killed, or maimed, by science, with the poisons prepared by the labor of art.

The time is at hand, when the quackery of the Medical school will be openly exposed, and fully understood:—When the veil will be withdrawn, which has so long shielded the mystery of iniquity from public gaze:—When men shall learn the secrets of the crucible and the laboratory:—When they shall openly see, and duly appreciate, the weapons which the Chemical Science has put into the hands of the grizzly monster to accelerate his work of destruction. Men will then learn their dependence on nature, for life and health, and the means she has provided for their preservation; and the reign of false science, and the use of her poisonous nostrums, will be remembered only as things that *were*.

To lend our feeble aid to promote a work so desirable, and which must prove of vast importance to the human race, is the object of the following pages; and the author's hope is, that they may help to accomplish it.



## BIOGRAPHICAL SKETCH.

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THERE is nothing more common, when a man enters on a professional career, than for others to inquire, Who is he? What is he? &c.—These inquiries are proper enough in themselves, as the public have the right to know who and what they employ, especially in a branch of business so highly important as the medical profession;—and when the inquiry is raised in order to ascertain what a man *is*, rather than what he *has been*, and what are his actual qualifications, it is also laudable. But, it too often happens, that the curious and inquisitive, in raising these questions, led away by the sound of names, and dazzled by the pomp of imaginary greatness, seek rather for titles, diplomas, and implied merits, than for that intrinsic worth, which should be admitted only on the score of practical proofs, derived from the fruits of professional labors. By his works should every man be tried.

One man, reared in the lap of wealth and luxury, may have passed through the forms of a collegiate education, and graduated, a doctor. Another, emerging from the vale of poverty, and denied even the benefits afforded by a common school, with the aid of an energetic mind, may cultivate his own intellect, and become distinguished in the walks of literature.

One man may pass through a regular course of scientific and professional study, and never reach the standard of mediocrity, though aided by the best helps the age affords.

Another, without these, impelled by his own genius, and aided by the spirit of untiring perseverance, may overcome all obstacles, and arrive at eminence. One man may plod on in a long beaten track, and, having perfected himself in all the principles developed by those who have gone before him, prove himself as well qualified to discharge the duties of his profession, as any man can be, who is governed by the same rules. Another, comparatively unlearned, his mind free from those fetters imposed by the dogmas of the schools, and impelled by his aspirations for pre-eminence, may take a higher flight—boldly traverse hitherto unknown regions of science, and bring most important principles to light, which have, from the creation of man, been obscured from mortal view, and defied all systematic researches.

To such causes is the world indebted for by far the greater portion of useful discoveries that have ever been made; and the philosopher, and the schools of science, though they affect to treat the supposed ignorance of others with contempt, have done little else than to build upon the facts thus furnished them, the theories and hypotheses on which they so much pride themselves. These well known truths should satisfy every rational mind, that it is proper rather to inquire what a man *is*, than what he *has been*—rather, what are his actual qualifications, than at what college he was educated, or if at any—and, rather, what are the works that test the truth or falsity of his profession, than whether he carries a sealed parchment in his pocket, as a voucher for his merits; for diplomas may frequently utter falsehood—actions—never.



The author of the following little work, is reluctant to obtrude himself upon the public, as his own biographer; but as many of his most sincere friends have earnestly solicited some account of his life, and the reasons which led him to embrace the profession in which he is now engaged, he has finally come to the conclusion that it may be his duty to comply with the request. Of myself, then, I will now proceed to speak.

I should hardly think it necessary or proper, to speak of my former occupation, were it not for a thousand silly reports which some have taken the pains to circulate. Not that I should feel at all ashamed to acknowledge myself a mechanic, or even a *hostler*, as some have affirmed me to have been; but, because, in the first place, if my success in my profession at present, is evidence that I am qualified to discharge its duties in a proper manner, it is nobody's business whether I have been a mechanic, a *hostler*, or a shoe black. A man may have been a very clumsy workman at either of those occupations, and become a very good physician.

In the next place, as I fancy my patients will give me credit for a very good share of success in the practice of the art of healing, to tell of my having been originally a *hostler* or a shoe black, might have somewhat the appearance of boasting; as is the case with the man, who, having become rich by his own exertions, frequently entertains you with the tale of his former poverty. Doctor Franklin, however, when once inquired of by a certain nobleman, if he had not been reared up, a printer, replied, yes, my lord; and if your lordship had been, you never would have been anything else.

But, to return—I was born in the town of Westminster, Mass. in the month of May, 1810. In that town I passed the first days of childhood, to the age of seven years, with a widowed mother; my father having died before my remembrance. When I was seven years of age, my mother married a second husband, and removed to the town of Ashby, Mass., whither I accompanied her, and where I resided till I had reached the seventeenth year of my age. At that time, deeming it necessary to prepare myself, by engaging in some profession for the active business of life, I left home, and engaged, as an apprentice, to learn the trade of a carpenter. After having labored at this vocation about one year, I had the misfortune to injure my stomach by over exertion, which occasioned internal bleeding to a considerable extent, and reduced me to such a feeble state of health, that, for the two succeeding years, I was unable to follow any laborious occupation whatever.

I was destitute of any means of support, but what the kind charity of my friends bestowed upon me, and for which, thank God, they ever have had, and, I trust, ever will have, my heartfelt gratitude. I ever bore it in mind, however, that he who will not endeavor to help himself, is unworthy the aid of others. In conformity with this maxim, I employed myself during the summer months, mostly spent in Boston, in some light occupation, and, in the winter devoted my time to teaching school; by which means, and the assistance of friends, I was able to support myself, and attend the fall terms of a High School.

By these means, applied with determined perseverance,

and the resolution to make the most of them that circumstances would permit, and opportunity afford, I was enabled to make some advances in an education, in addition to what I had obtained in boyhood by the facilities offered in a country villago. Thus, with what advantages I possessed, much inferior to what I could wish, I have made my way thus far though the world, to what purpose others must judge, with very little professional assistance.

At the age of twenty, I commenced a new mode of life:—I engaged in a sort of trading enterprise; purchasing country produce, and disposing of it in market. This business I followed during warm weather, for four years; and, in the autumns of two of those years, attended school myself, and taught school in the winter; and found my health much improved. A considerable portion of my time, during my attendance at school, and most of the last term, was employed in the reading and study of medical works. For this, a good opportunity was afforded me, as I happened to room with a medical student, who was very anxious that I should prosecute the study, for which I had a strong inclination; and had I not found so many contradictions in the theory and practice of medicine, I might have studied the profession, and now been a dealer in *mineral drugs*, with a mind so prejudiced against every thing out of the *regular* path of medical science, as to prevent me even from examining the pretensions of any other system.

Another thing which would have deterred me from entering on the study, had there been nothing else in the way, was the want of funds. These, however, would

have been furnished by friends, had I seen fit to apply for them, which I would never consent to do, so long as I could obtain a livelihood without. This, together with the manifest absurdities of the medical schools, determined me to relinquish the idea of studying the profession. I should probably never have again imbibed the idea, had it not been for sickness and death, which brought it up afresh, and the details of which, will hereafter invite the attention of the reader.

During the period briefly glanced at in the foregoing pages, many things occurred to shake and weaken my little remaining faith in the infallibility of the medical faculty; and which directed my thoughts to the inquiry, whether there might not be some mode for the treatment of disease, more congenial with the human constitution—more consistent with the principles and laws of nature.—Yet, I had no more belief in the Thomsonian system of practice, than thousands of those ignorant of it, at the present day.

True, I had heard of that practice for a considerable time before; together with all the flaming details of *poisonous* Lobelia, murderous steam baths, and slaughtering quacks. But I thought it only a wild project of some unprincipled villains, like many other deceptive artifices of the day, to filch money from the pockets of those who might be silly enough or mad enough to embrace it, at the hazard of health, and even of life itself.

I first heard of this mode of treating disease, when I was about eight years of age. Doctor E. Darling, a cousin of my mother, who then, and to this time, practised in

Boston, visited the country at the period I speak of, and of course, advocated the practice. Though young at the time, it is still fresh in my recollection, that considerable was said about the system. It was much ridiculed; and people laughed at the idea of buying a book for twenty dollars, to make a *patent doctor*—having *patent medicine*—*patent steaming*—and what was most thought of, and most ludicrous of all, raising *patent children*! Such was the language and the ridicule of all who heard the subject mentioned at that time; yet, in the same town, there are at the present period, many believers in the Thomsonian system of medical practice, who are also its firm friends and supporters.

Years had passed away, and the occurrence I have related had become as a dream of childhood. But after I went to reside in Boston, I frequently came in contact with those who had been snatched from the very jaws of death, and rescued from the yawning chasm of the tomb, by the almost miraculous powers of the health restoring system of Thomson. Yet, notwithstanding the testimony of these living witnesses, and the almost palpable evidence which their very existence furnished, I continued skeptical—in fact an unbeliever—though sometimes, *almost* convinced.

But when I felt at all inclined to admit the force of evidence, and give way to conviction, the hearing or perusal of some vague report, would cause the horrid vision of persons poisoned with Lobelia, burned to death with Cayenne pepper, or murdered in a steam bath, to flit across my brain, and dispel every approving thought, and

eradicate every favorable impression. I would then shudder at the bare mention of such a *murderous* practice; and it almost tempted me to wish that those who followed it, might be compelled to swallow their own medicine, and submit to their own mode of treatment; which I knew was a species of punishment, which physicians in general very much dreaded.

During all this time, I never dreamed, that the reports so industriously circulated, were false, and got up by the Faculty deeply interested in checking the progress of the glorious cause of humanity, destined at a future period, as they could plainly see, to eclipse a false science, the fruit of four thousand years of labor, study, and experiment, and expose its deception to the world. They no doubt foresaw the final result, and were satisfied that, when it should come, they would be compelled to abandon their calling, and seek wealth by some other means. Yet, at that time, such thoughts had not entered my mind.

Like many persons at the present day, was I thus blinded, and prevented from coming to the truth, and from being enlightened by her rays; until stricken by the hand of disease, dire necessity compelled me to look around for means to restore my own health, and to preserve my own life, which had been nearly sacrificed by the culpable ignorance, or unpardonable neglect, of a member of the *regular* Medical Faculty.

The year following that in which I removed to Boston, the small pox made its appearance in that city. I had not had the small pox, nor had I been vaccinated; and be-

ing of course in danger of taking the loathsome disease, I was advised to be vaccinated immediately, as a necessary measure of precaution. Accordingly, I applied to a respectable *regular* physician—one so called, at least, and was vaccinated with, as he said, pure and fresh, vaccine, or kine pox matter; and for which, I paid him, if my recollection serves me, three dollars, as his fee for the operation.

In due time, the inoculation appeared to have taken effect; a pustule was formed, and filled; and after the usual process, disappeared. But after circumstances have satisfied me, that the matter used by the physician was far from being pure.

Soon after this event, I found myself affected with bad and troublesome humors; which, from the time of their first appearance, continued to grow worse and worse.—At length they became so bad, that I was compelled to relinquish my business in Boston, and return to the country, in order, if possible, to regain my health. For several weeks previous to leaving my business entirely, I was, for a considerable portion of my time, unable to be about.—But when compelled to relinquish it entirely, I visited one of my relatives, who kept the Thomsonian medicine, and who used it in his family.

A great many people will take a thing at the hand of a friend, which they would not dare to purchase. So it was with me. I begged the “Composition Powder” of my relative, and took it, and the effect was very salutary; though I could hardly have been prevailed upon to purchase an ounce of it from a Thomsonian Doctor, lest

I should have been guilty of procuring some noxious poison, and thus perpetrate the act of self destruction. And I know of hundreds who use botanic medicines, and who procure them by troubling their neighbors, as I did my cousin. I have frequently supplied persons with what is considered a stock of medicine for a year, and seen them come again for more, in the course of a few weeks; and, on inquiring what had become of the former stock they had purchased, I have been told that their neighbors had begged it away, a dose at a time. I have usually made the inquiry in such cases, because I knew those I enquired of, were residents among those who, almost unanimously, pretended to be opposed to the Thomsonian practice.

Many of these perhaps may beg, in preference to buying, because it is cheaper. But many others, I suspect, are actuated by the motives which governed me, and are ashamed, or afraid, to have any thing to do with a murderous steam doctor.

But to proceed. I took but little of the Composition Powder, and though its effects were so beneficial, instead of taking more, I applied to an old Indian doctress for relief. This old Indian, whose name was Sackett, gave me some vegetable medicines, from which, though I did not receive immediate relief, I think I finally experienced a good effect. After this, I returned to the country; where, in the course of a few weeks, my health was so far improved, as to enable me to resume my business in Boston. But I feel the effects of the *poisonous virus* with which I was vaccinated, even to the present day.



The next occurrence which made an impression on my mind, was as follows.

After some months, I returned home, and found my friends all in good health. I had an only brother, who had not, to my knowledge, ever been sick for one day in the course of his life. I arrived home on a Saturday evening. On Sunday morning, this brother was slightly attacked with a bowel complaint. The family, easily alarmed, proposed to send for a Doctor. My own experience had somewhat prejudiced me against the poison craft, and I made some slight objection to doing so; and it was delayed for a time. But, towards night, a messenger was despatched, and a Doctor called. During the day, scarcely any thing was done, which might have been done, by simple vegetable remedies, which might have produced effectual relief, because all faith was confided in the family physician, to whom alone they would look for aid. At length he came. And, mark the result!

I would gladly omit this narrative, did not duty require its insertion as a solemn warning to others who may be placed in like circumstances. The physician entered the house with that air of consequence and importance, peculiar to the learned faculty. As usual, he called for paper, and commenced dealing out his medicine; the daily effects of which, are sufficient to satisfy any one not blinded by the show and glitter of assumed greatness, of its deadly properties, and fatal result.

Each dose of the vile drug aggravated, instead of alleviating, the complaint, and enhanced, instead of ameliorating, the tortures of the suffering victim. The visits of

the Doctor were, however, continued till the succeeding Sunday evening; when exhausted nature gave up the struggle, and the hand of death relieved the patient from his cruel sufferings. During this trying scene, I had somehow obtained the impression, that his complaint might have been cured by means of the Botanic Practice. And that impression was strengthened and confirmed, by other cases.

On Saturday, the day previous to the decease of my brother, my father in law was taken sick. Being exhausted by the fatigues of night watching, by loss of sleep, and anxiety of mind, he laid down to take some rest; and, on awaking, found himself severely attacked with racking pains throughout his whole system. This was followed by *cholera morbus*, or relax, similar to that under which my brother was then suffering, and of which he died, the next day.

Had I not fortunately been at home, no doubt the doctor would have had another job, and death might have numbered another victim. As it was, his feet were bathed, and he was deposited in bed. I then undertook to produce perspiration, by placing hot stones at his feet, and adding extra covering to his bed. It was my first essay in the healing art, and though I now see it was rather a bungling one, yet I succeeded, and that was sufficient.

My object in attempting to excite perspiration, was to remove the chills, and the lameness; and while these measures were going on, I had caused brandy and sage tea to be provided; the only medicines with which I was much acquainted.

I then commenced giving the brandy to *my* patient—my *first* one—in doses of a wine glass full at a time, sweetened with loaf sugar, as often as there were returns of pain; and to keep up the perspiration, the sage tea was copiously administered, and the stones at the feet removed as often as they became cold, and their places supplied with hot ones. By persevering in this course, he was kept free from pain, except at momentary returns at intervals, and the looseness of the bowels was checked.—During the night, he had swallowed about a pint and a half of brandy, and several quarts of the tea; and in the morning, he was free from the complaint. At that time I did not know how to take a person out of bed in a state of profuse perspiration, without subjecting him to the danger of taking cold; therefore I commenced removing the covering, gradually, piece by piece, and continued in this manner to lessen the quantity, till the system had been cooled down sufficiently to permit him to leave his bed without danger. The use of brandy, in this complaint, I had learned, as in travelling I had been subject, at times, to attacks of the same complaint, and never knew it fail to cure, if taken as often as the pains returned.

That morning, my sister, a girl of about fifteen years of age, was still more suddenly and violently attacked in the same way. She was taken while preparing breakfast;—and so severely as to be obliged to leave her work, and go immediately to bed. I pursued the same course with her I had with my father in law; and before night, I had the pleasure of seeing her restored to health, and about the house. Neither of them experienced the slightest return of the complaint.

Thus, without the least knowledge either of doctoring or nursing, was I enabled, with ease, to effect a speedy, safe, and permanent cure, in these two cases, while the other patient, in the hands of medical science, and treated according to the rules of the regular practice, languished for a week in pain and misery, and then death closed the scene! With similar treatment, such might have been the fate of the other two.

True, it may be said, that because two were saved by my mode of treatment, it does not follow that the other was destroyed by a different mode, as he might have died under my hands. But the facts afford strong presumptive proofs, that, being able to save the two, the third might have been saved by a similar treatment.

These cases brought the subject of the medical practice home to my own bosom. And they fixed deep and solemn impressions on my mind, which can never be erased, as long as life remains, and reason holds her seat. From this time, I went forward with the determination to look into the Thomsonian system, and to know all I could learn of the Botanic Practice; for I had become fully satisfied that there was neither certainty nor safety in the *regular* system. I formed this resolution, without the remotest idea of ever engaging in the practice of medicine myself, even should I so far approve the principles as to adopt them. It was merely a measure of self defence against the evils of disease, and a false science.

Accordingly, when I had closed up my business of the season, I called on Doctor Benjamin Thomson, who kept an Infirmary in Charles Street, in the city of Boston;

and acquainted him with my wishes. He expressed a strong desire that I should remain with him, and become his assistant in attending on the sick. He was doing considerable business in the line of his profession, and had no one to take charge of the sick room; and, thinking it would prove a good opportunity for me to come at the truth, as regarded his practice, I closed with his offer, and consented to remain with him.

I shall never forget my introduction to the sick room. Never, before nor since, have I been troubled with that indescribable sensation, called *home sickness*. I had not yet forgotten the thousand and one frightful stories I had heard, and read, of persons poisoned to death by Thomson and his murderous agents; and I was now, for the first time, ushered into the presence of three persons laboring under the nauseating effects of *Lobelia*, and full in my view stood the villanous steam box, a machine with which my imagination had associated as many horrors as belonged to that terrific engine of revolutionary vengeance, of France, the Guillotine! Two of the invalids were very feeble. The lobelia had taken a good deal of effect on them, and I felt assured they must die! I was horror stricken; and began to think that half had not been told me, of the murderous practices of the *steam quacks*!

But I soon learned how easy it was for a novice to be mistaken, and how readily, even others are imposed upon and deceived, by appearances and idle reports. In less than three hours after I had consigned two of these patients to the arms of death by anticipation, all three of them were out of bed, in the parlor, seated around the

table, and regaling themselves, with a good appetite, on the substantial bounties of nature, and without restraint.

I looked on with astonishment—I though I was in a dream—But no—I rubbed my eyes, and was satisfied that I was still awake. These must then be but the unearthly apparitions of those victims of steam and lobelia, whom, a few hours before, I had seen as I thought, in the very embrace of death. Had their ghosts remained, to haunt the presence of the quack, and were they now mimicking the things of flesh, and blood, and life, to torment their destroyer! But, no—there was too much rattling of knives and forks—and too rapid a waste of the piles of eatables, for a ghostly banquet, and I was constrained to believe that the persons before me, revelling on the good things of this life, were the identical beings of flesh and blood, whom, three hours before, I had considered on the very borders of the grave! Suffice it to say—these persons speedily recovered their health, and vacated the sick room, to give place to others who succeeded them; and who were treated in a similar manner, and with equal success.

There is nothing like visible facts, to convince the understanding. From what I daily saw, my doubts began to give way; and I gradually came to the belief, that this was the true art of healing. Nor have I ever known a person, who has witnessed much of the practice and its effects, who has not arrived at a similar conclusion. I continued with Doctor Thomson, and, ere long, he gave up the whole care of the patients to me, except in cases of uncommon severity. He often enjoined it on me to take up the profession, and make it my business. But I

as often refused to do so; telling him I had got a better occupation. Contrary however to this resolution, I came to the conclusion, in the Spring, after leaving Doct. Thomson, to continue in the business; and did so, in connection with a lady, who was experienced in the practice. From that time, I have followed the profession, with a degree of success which has far exceeded my most sanguine expectations.

My first movement was, to establish an Infirmary in a large house I hired for the purpose, in Tremont Street, Boston. This I called the Tremont Infirmary; and, by being extensively acquainted, soon had a considerable share of patronage. But it is a true saying, that, though "a partnership may be a good ship to sail in, it is a bad ship to make a harbor;" and so I found it.

I had furnished all the funds for the business, with no other security than that afforded me by a verbal contract. However, finding, after a time, that this would not do for me, I took myself out of the concern, at a loss of more than five hundred dollars; and opened a larger, and more extensive establishment, in Washington Street, Boston, to which I gave the name of the Massachusetts Botanic Infirmary; which is still in operation, and the largest establishment of the kind, in that city.

Up to this time, I had purchased most of my books and medicine of Doctor Thomson; and on which, I found I had paid an enormous profit. I also learned that other practitioners were in the habit of purchasing their medicine wherever they could find it best and cheapest; and that, in many instances, they obtained, for three or four

dollars, that, for which Doct. Thomson invariably charged me fifty!

I expostulated with Doctor Thomson for this, what I considered abuse. But I could get no other satisfaction, than that the right to compound and vend the medicine, was secured to him by patent, and that I had no right to obtain it elsewhere, charge what he would. I had then, if I recollect rightly, purchased medicine and books of Doctor Thomson, to the amount of seven or eight hundred dollars, in one year. On since making an estimate of the cost to him, as I know very nearly what he pays for the ingredients, I find it to be about *one hundred and twenty dollars*; leaving a profit to him, of about *six hundred dollars*, on the articles used by *one* person, in *one year*!

My reply to the Doctor, was, that I should not purchase any more medicine of him under those circumstances, and at the rates he had charged me, provided I could obtain them elsewhere, until he should have adopted measures to compel others to purchase of him. In this I thought myself fully justified; for I could not suppose myself under any obligation to sacrifice my time and services for the benefit of Doctor Thomson, under the authority of his patent right, while he was permitting others to come into competition with me, who, defying his authority, saved some six hundred dollars per annum in the cost of medicine, and which amount I had to lose.

Thus, having broken with him on that score, the matter has rested till the present time. I have pursued my own course—purchased my medicine where I could find



it, on such terms as I could, compounded it when, where, and how I pleased, and sold, and administered it to those who have pleased to purchase or take it. True, the Doctor has, several times since that period, published me as a trespasser on his right, as an impostor, and by several other polite names, but I believe those publications have never injuriously affected me; at least, they have not, to my knowledge.

Of these attempts to injure me, I have taken very little notice, and have considered them as being of little importance; though I have it in contemplation to say something of them hereafter. How or why, *he* should brand me as an impostor, is however somewhat difficult to imagine; since, I at first commenced the practice under his auspices, and continued to be countenanced by him so long as I was willing to purchase medicine of him at his price.

I have never entertained a feeling of enmity, hostility, or even disrespect, for that gentleman. On the other hand, no man holds his talents, and his eminent services, in higher estimation. No one feels more grateful for the benefits conferred upon the family of man, by his successful efforts in the cause of humanity, and his important discoveries in the healing art. For all these, I have ever been, not only willing, but anxious, that he should receive an ample reward; and to promote that object, used my best endeavors to increase the sale of his books, as long as he was willing to supply me with them for that purpose.

But I have ever thought, and have repeatedly express-

ed my thoughts to him, that an attempt to monopolise the trafie in the medicines and to reward himself by enormous profits on that, was injudicious, and would produce an injurious effect, both on the practice, and its author; while to protect himself against what he considered invasions of his right of monopoly, would occasion him much trouble and expense. I have therefore recommended to him, to look for his profits from the sale of his books; and to let all who would, purchase, compound, and sell the medicines. This, I still believe, would have been the best way. It would have prevented most of the difficulties that have occurred. It would have satisfied all honorable men, and they would have helped to protect him against the arts of all others. Had Doctor Thomson pursued such a course, he would have been much better off at this time, in a pecuniary point of view, than he is, and stood much higher in the estimation of others. But, he has pursued his own course, and I have pursued mine; and thus we stand.

Some of the results of this policy, as it regards him, we have already seen, and others are daily becoming evident. At the hands of his agents, at least many of them, he has experienced treachery and double dealing. The great profits he has made on medicine, has tempted them to usurp what he considered his rights, and to set up for themselves, while he supposed them acting, in good faith for him. To aid them, new publications have been made, which have very much retarded the sale of his, and which would probably not have been done, but for his monopoly. These troubles, together with the strenuous and un-

hallowed opposition he has had to encounter in his career, have borne heavily upon him. They are sufficient to have soured even the most amiable disposition; and I can readily excuse any little harshness and severity in him.

It was this unpleasant state of things, which induced me to dispose of my Infirmary, in Boston, last named, in which I had as much business as I could manage, and to commence operations, *de novo*, on a new stage, where the Thomsonian system was almost unknown, and where it had very few friends, and a numerous host of foes.

That I did not leave Boston because my disagreement with Doctor Thomson prevented me from obtaining a full share of patronage, is fully evident, from the fact, that I disposed of all my furniture and apparatus to my successor at a fair rate, and received from him over seven hundred dollars for the privilege. It may hence be thought, that I was well paid for leaving Boston. I thought so too, at the time, but, after having removed to Providence, my expenses amounted to more than one thousand dollars, before I had obtained business enough to meet them as they occurred; nor have I yet retrieved the loss I suffered in my first start. But, with the blessing of health, should that be continued, the prospect is good for the future, and I shall still continue, with cheerfulness, alacrity, and determined perseverance, to move onward.

During all my changes and periphrasings, I have always found something to do, and ever tried my best to do it punctually, faithfully, and well. Without saying any thing of skill, of which others must judge, I believe, to say the least of it, I have been extremely *lucky* in

practice, having, during the whole course of it, lost but *two patients* in my Infirmarys, and not more than *one patient* in a year, out of them, in cases where I was the *first and only physician* in attendance.

It may be thought that my practice has been rather limited; and in fact, it is thought by many, that the system is not one which can embrace the treatment of the whole catalogue of diseases. This is a mistake. The Botanic system, when properly understood, and skillfully applied to practice, has no equal in the entire range of medical science. The thousands of diseases, of every hue, type, and character, which constantly yield to its overwhelming, though genial and life giving powers, and the multitudes who, by it, have been rescued from the embrace of death, and restored to the complete enjoyment of life and health, will bear me witness. There is not a malady within the reach of medicine, but what will find a remedy in the Botanic practice, more genial, efficacious, and far more safe, than is furnished by any other system.

Experience is the best teacher. Doctors of medicine acknowledge that the Botanic practice is unquestionably good, in many cases, but contend that there are many others in which it is, not only of no avail, but injurious, and even fatal. I have, long since, become satisfied, from observation and actual experience, as well as from the unanimous testimony of those who have submitted to the Thomsonian treatment, that this is a mischievous error.—It is merely the opposition of theory to facts—it is the force of prejudice founded on hypothetical speculation, against the daily successful results of the system we advo-

cate, and which must finally carry conviction to the most sceptical mind.

Satisfied, as I am, of the infinite superiority of the Botanic practice over every other, for the preservation of health and life, I am willing to encounter the powerful opposition it meets with, but which is daily losing strength as the light of truth advances; and to bear the contumely and reproach cast upon it, and upon its friends and advocates; to promote the best interests of the human race.— A child may raise the alarm, though a powerful arm may be required to ward off the danger; and it is my intention, while life, and health, and reason remain, to warn my fellow creatures of the dangers of the popular medical practice, whether able to do little or much to stay the fatal evils it engenders.

The opposition which has been raised against the Thomsonian system, has no doubt retarded its progress in the learned world, and measurably prevented its introduction among those who place too much reliance on scientific pretensions, and pay too much devotion at the shrine of fashion, to permit them to enter on the investigation of facts, or to follow the simple path of truth, even in pursuit of health. But there are men, who, jealous of the domineering spirit of the schools, manifested on all possible occasions, and who, being sensible of the fallacy of their high pretensions, will ever take the liberty, and appropriate the time, to compare and decide for themselves. Among such, generally, the botanic system of medical treatment finds its friends and supporters; and with them, it has made a rapid progress. They discover its simplic-

ity and its efficacy; and recognising it as the handmaid of nature, and consequently as the friend of man, and the powerful enemy to human disease, are willing to embrace it, and to suffer, in common with its discoverer, the buffeting of its foes.

With my best wishes for human health and happiness, the foregoing brief narrative has been penned; and, with the hope that it may not be entirely uninteresting and useless, is now laid before the reader; and of whom I must now take leave, in order to proceed in the more important undertaking, and the more useful one, of prosecuting our inquiries respecting the history and principles of the Thomsonian Botanic practice of medicine.

HISTORICAL ACCOUNT  
OF THE  
THOMSONIAN SYSTEM.

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WE are not about to enter minutely into detail on this subject, as such a course would exceed the limits we have prescribed to ourselves in this little work, and is not necessary to the object we have in view. And, as a complete history would also involve the entire biography of the inventor, it would present a task we do not feel ourselves at liberty, even were we qualified, to undertake. Our remarks will therefore only extend to what we consider most interesting and important, and leave the reader to his own reflections.

It is well known to every one at all acquainted with the subject, that the science and practice of medicine has been, from time immemorial, a series of experiments on the human system, founded on theory and hypothesis, and involved in doubt and obscurity. From time to time, medical professors have announced discoveries considered vastly important, and which have occasioned much investigation and controversy. Sometimes those discoveries have been adopted by a portion of the faculty, and rejected by others. Some have been unanimously adopted, and others unanimously rejected. And, not unfrequent-

ly, have new principles been laid down, to which medical practitioners have readily assented, while former usages have been exploded, as unscientific, and unsafe.—Even at this late period, physicians disagree as to the general principles of the practice in many essential particulars, and especially as to the proper mode of treatment for many diseases; while there are many other diseases, the nature of which has baffled all their attempts at investigation, and for which, no definite mode of treatment has been devised by them.

The present method of awarding prizes for essays on the origin, cause, treatment, and cure, of some of the most common diseases incident to the human frame, affords unquestionable evidence of the ignorance of the faculty, on those matters; for if they had acquired the knowledge which the physician ought to possess, these essays would be useless, except for the information of students, whom their masters ought to be qualified to teach. These discoveries, pretended discoveries, discussions, controversies, changes, and uncertainties, all afford sufficient proofs that the medical system ever has been, and still remains, imperfect; and amounts, in fact, to a virtual acknowledgment on the part of the faculty themselves, that disease is to them a mystery, unveiled only in part; and that their practice acknowledges no definite rules, is governed by no established laws, and ensures no certain result.

It is evident that no safe reliance can be placed in such a concatenation of uncertainties, doubts, conjectures, probabilities, knowledge, and ignorance. All that can be said of it is, that men have submitted to it, rather from



necessity than from choice, rather with the faint hope that relief might be afforded them, than with faith and confidence in a favorable issue. All acknowledge the importance of the confidence of the patient, and the hope of cure, to sustain the animal spirits, and to aid medicine in its efforts to restore health. That Doctors as often kill as cure, has long since become proverbial, from their frequent errors in judgment and practice. This impression has destroyed confidence, and no doubt often produced fatal consequences, when relief might otherwise have been afforded; while thousands, under the influence of a similar impression, have neglected to call for aid, and sunk to the grave, without an effort to preserve life.

Add to these, the multitudes who have been hurried out of the world, by means of calomel, arsenic, and other mineral poisons, aided by blisters, the lancet, and the knife, and we have a fearful catalogue of victims to the doubts, conjectures, ignorance, and mysteries of a spurious science. We are aware that all this may be termed, by many, mere conjecture of our own; assertion, without any farther proof of its truth than our own *ipse dixit*; but if the reader will candidly accompany us through our remarks, we think we can give him facts, which he will admit to be sufficient to substantiate what we have said. If we can shew him that we have a system which is found effectual to restore health, in most cases where other systems fail—to restore *sound* health, where others leave the patient to suffer as much from the after result of the remedy, as he did, or would have done by the disease—if we can prove to him that the remedies are simple,

safe, and universally applicable, both by theory and undoubted facts—I say, if we shew the candid reader all this, and we believe we can, we shall satisfy him of the truth of the foregoing remarks, and render him a valuable equivalent for his labor.

The Botanic system of medical practice, we have already hinted, is intimately blended with the life of Samuel Thomson, to whom the world is indebted for it; and to whom, notwithstanding all the bitter persecution he has endured, the world will hereafter award the tribute of gratitude due to an eminent benefactor.

The case of Samuel Thomson is peculiar—almost *unique*. Most men who are celebrated for improvements in the sciences, having been reared and nurtured in seminaries of learning, have availed themselves of the aid afforded them by the scientific researches, or accidental discoveries of others, to improve or perfect systems, the foundations of which have been already laid. Others, without a scholastic education, and probably grappling with poverty, have accidentally discovered important principles, and being unable to build upon them, have left them to others to carry out, and to erect on them the superstructures of wealth, or fame. Thomson is like neither of these.

Destitute, even of the advantages of a common English education, he, involuntarily and without design, became a student of nature, in the department of Botany, at a very early and tender age. Led by some secret impulse, he knows not what, unless by that indescribable something called *natural genius*, while yet scarcely four years

had passed over his infant head, he commenced his explorations of the botanic kingdom; and, in the field of nature, entered on the study of her laws, and tested their operation by experiment; the only true principles of science, and the only certain method of developement.

From the tender age we have mentioned, up to the period of manhood, his inquiries into the names, the properties, and the effects of plants, in a medical point of view, were prosecuted with untiring assiduity; and, aided by the experience of another, as illiterate as himself, he appears to have become almost perfectly acquainted with the subject, while others, more fortunate as to wealth and education, were plodding through a tedious round of study, under learned masters, without obtaining even a moiety of the knowledge, acquired, almost unaided, by this child of nature. Nor did he confine himself to the beaten track, or to those plants alone, the virtues, or the noxious properties of which, were understood.

Curiously inquisitive, no one of nature's productions, within his range of the vegetable kingdom, escaped his notice. Reckless of all consequences but the acquisition of botanical knowledge, no one was permitted to pass through his hands without its effects having been tried on his own system. To this propensity, are we indebted for the discovery of the important medicinal properties of *LOBELIA*; a plant, which, of all others common to our country, is most valuable as a remedial agent.—A plant which subsequent experience has shewn to afford a remedy for disease, far more efficacious than the entire mineral preparations of the medical school, without any of their

poisonous qualities, or the production of any of their pernicious and fatal effects.

This herb, as far as was known, was considered a deadly poison; though probably, the idea was merely a vague one, as we are now certain that the supposed fact never could have been established by the test of experiment. But young Thomson, then but little more than *four years* of age, tested its properties, as usual, on himself. It produced nausea and vomiting. As it did not poison him, he put it into the hands of others. They tested its virtues, with a like result. Without the least thought of ever applying this plant to medical purposes, he thus continued to use it occasionally, out of mere curiosity, till nearly twenty years of age; without considering that he was prosecuting one of the most important and successful experiments in medicine, ever entered upon, to which he was probably indebted in a measure for his own health, and which was destined to become the basis of a system of medical practice, which, by its unparalleled success in the healing art, will finally supplant and overthrow all conflicting theories, and, in its progress, bless the world by its genial influence, and confer lasting honor on its discoverer.

It is curious to trace the progress of Thomson through his infantile career, the years of boyhood, and those of youth, to the age of manhood; and to witness how, insensibly to himself, he was storing his mind with botanical knowledge, acquainting himself with the healing propensities of nature's productions, and paving the way for the most thorough and valuable reform in the medical world.

When but eight years of age, he had become so well acquainted with the vegetable kingdom, that he was employed by those in the more advanced stages of life, to select from the fields and the forest, those plants, herbs, and roots, which, being recommended for their medicinal and healing virtues, they did not dare to entrust themselves to designate. And, about that time, he says, a fit of sickness from which he suffered, led him still more earnestly to prosecute his inquiries.

For several years, he appeared to pass through various changes and reverses. He was compelled to labor at farming, though much against his will. He was treated with some severity by his father; but, during that period, he experienced the important benefits, of spending *one month* at a country school; at which, owing to circumstances he could not control, he made but slow progress in learning. At the age of sixteen, owing to his natural propensity, his parents entertained some idea of putting him to study with a person called a root doctor. He was much pleased with the proposed arrangement, but, to his great mortification, it fell through, and he was compelled to remain at home, and attach himself again to the plough. However he may have viewed it at the time, the failure of this project was probably a favorable circumstance. Had it been carried into effect, he would have been very likely to have entered on, and pursued the track marked out by his instructor, at least in most respects, and the world would thereby have been deprived of that original and better system, which bears his name. Providence, we think, baffled the design, to bring about a more important end.

In the year 1788, and when Thomson had entered on his nineteenth year, he met with an accident, which appears to have first called his attention, practically, to the art of healing; and which, like all his other experiments, was first tried on his own person. His father had purchased some land on Onion River, in the State of Vermont. Thither, Samuel accompanied him, to assist in preparing it for cultivation. While there, and exposed to severe hardships, he accidentally wounded himself badly in the ankle, with an axe. The wound proved troublesome, painful, and eventually, dangerous. An application by a physician, increased the difficulty. Samuel himself, then directed the application of *comfrey*; and which, in the course of a few hours, produced an effect decidedly salutary and beneficial. He next applied to Doct. Kitteredge, a botanic physician, on his way home to Alstead, N. H., where he arrived, *on a bed*, though in a very feeble state. He finally recovered in the spring, and was able again, to attend to his business. We learn nothing more of Mr. Thomson till the age of twenty-one; which he reached on the 9th of February, 1790.

From this time, having received a deed of one half his father's farm, in Alstead, he appears to have turned his attention to agricultural pursuits; but in May following, we find him again in the character of his own physician.

He had taken a severe cold, which resulted in a slow fever. He was also attacked with the measles; together with his mother, and the rest of the family. He lost his mother about this time, though her death was not directly occasioned by the measles, but by a disease which suc-

ceeded them, which was called the *galloping* consumption. She was attended by several physicians, and treated with the drugs common to the practice. Doctor Thomson says he was very sick with the same disease, and was importuned by the physicians, to submit to the same mode of treatment with that practised on his mother; but he quaintly informed them that he preferred a "*natural death*." He procured the necessary vegetable ingredients, prepared medicine to his own liking, and cured himself in a short time.

In July, following, he entered into the married state; and in little less than a year, his wife gave birth to her first child. But, as though Providence had arranged and ordered a train of circumstances to place the medical practice of the day before him in its worst form, to satisfy him perfectly of its evils, and to force him to the work for which nature had designed him, the labor of Mrs. Thomson was of the most distressing character, and well calculated to harrow up the feelings of the husband.

The pains of labor were excessive; and though in the hands of a regular medical practitioner, she lingered in cruel agony for nearly two days, before her delivery. She was left in a low state, which was followed by a succession of violent convulsion fits; and notwithstanding she was attended by six regular physicians, and finally by the seventh, she grew worse and worse, and at length they gave her up to die. She however partially recovered her health, by the use of vegetable medicines.

A few years after this occurrence, he gave a young man at work in the field with him, some of the *Lobelia*,

which he chewed. It operated powerfully as an emetic, and produced a profuse perspiration. The young man supposed he was poisoned. But, in the course of a few hours he recovered from its effects, and declared he had never taken any thing which did him so much good. From this circumstance, probably the result of mere sport, Thomson first imbibed the idea that Lobelia was a valuable plant for medicinal purposes; and, subsequent trials, and a long and successful practice by himself and others, have fully proved that he was not mistaken.

On the birth of his second child, he appears to have acted as medical adviser and assistant; calling in to his aid, a physician who resided on his farm, a sort of mongrel, half root and half mineral doctor, of whom he appears not to have entertained the most exalted opinion. On this occasion, no serious difficulty occurred; and the mother, safely delivered, was soon restored to her ordinary state of health.

Previous to the birth of his first son, Mr. Thomson again called in his "family doctor," to attend his wife in a fever. After some time, he became satisfied that he was making a bad matter worse, and dismissed him; and Mrs. Thomson soon recovered. The child, when about six weeks old, was attacked with croup, and the doctor was called again; but he failed of success, and gave the child up to die. Again, Thomson put forth his own efforts, disappointed the doctor, and saved his child. Soon afterwards, his second daughter was attacked with canker rash, which disease she had very severely. The family doctor attended, as on former occasions; and after having



exercised all his medical skill, declared that she must die. This case appears to have been one of the worst description.

The father says, "She was senseless, and the canker was to be seen in her mouth, nose, and ears, and one of her eyes was covered with it and closed; the other began to swell and turn purple also." It was on this distressing occasion, that he introduced steam, the first time we hear of it in his practice; nor does he say what prompted him to do it. To raise steam for the purpose, he used vinegar on a hot shovel; and applied a wash of rosemary to the parts affected with canker. This treatment proved successful, and the daughter was restored to health; though with the loss of sight of one eye. In this case he also applied cold water to the eyes.

From this experiment he became satisfied of the benefits of steam. He practised with it afterwards, with some improvements in the mode of generating it, and adopted the plan of washing the body, either with spirits, vinegar, or cold water, and giving hot medicine to keep up the internal heat of the system. During all this period, Thomson seems to have had no thought of entering on the practice of medicine, though he gathered every description of medical roots and plants, applied them to use in his own domestic circle, and went on in this way, as necessity dictated, to plan and complete the beneficent system which he has since presented to the world.

Thomson, from this time, seems to have broken off his connexion with the doctors. A third, fourth, and fifth son, were born without any other medical assistance than

what he was enabled to render. He was eminently successful in all his attempts, his family doctor removed from the vicinity, and the health of the family very much improved.

In November, 1802, his children had the measles. He experienced some difficulty at first, in consequence of not knowing how to treat them. But "necessity is the mother of invention," and being put to it, he found means to effect complete cures in all the cases. On this occasion, he tested the powerful and salutary effects of Lobelia; or, as he terms it, the "*Emetic Herb.*" The measles had so affected the lungs of one of the sons, that he was unable to speak above a whisper, for three weeks. The father was fearful of consumption. Nothing could be found to afford relief, till, at last, resort was had to Lobelia. This produced the desired effect; the disorder gave way, and the patient was soon restored to health.

It was four years previous to this time, that he had had the small pox. While afflicted with this disorder, his inquisitive mind was led to study its character. He became satisfied that it was neither more nor less than canker, in its highest stage; and, by following up the investigation, was led to believe that measles and the canker-rash, were the same or similar, in a mitigated form. He hence concluded, that a mode of treatment suitable for canker, was proper for these; and that the treatment for one of them, was the proper mode for all. His success in the treatment of his own family on the above occasion, and the experience of subsequent practice in all these disorders, have proved, beyond a doubt, that he was correct.

Soon after this occurrence, he began to be called upon to exercise his skill out of his own family circle. Such had been his success at home, that those who had witnessed it were astonished, and it became the topic of conversation abroad. The first account he gives of a visit to a patient, is worthy of note. He was called to a lady in the neighborhood, who, for many years, had been afflicted with cholic, and could obtain no relief. *Doctor Thomson*, as we shall now call him, attributed the difficulty to canker; and, by applying remedies proper for that disorder, he effected a complete cure. His mode of treatment was so simple that it became a subject of ridicule; and the patient herself was ashamed to speak of the cure, though she never after experienced a return of the disease.

We have been thus minute in speaking of the early life of *Doctor Thomson*, and his habits, and first attempts in the practice of the Botanic system, because we deemed it essential to the history of the system itself; and we will now briefly recapitulate, in order to shew, at once, how closely one is identified with the other.

Whether from circumstances which fix a deep impression on the infant mind, or from the simple dictates of nature and providence, we are not able to say; but certain it is, that, in thousands of instances, the first dawn of reason develops a propensity to some special pursuit. Whatever may be its cause, we give this propensity the name of natural inclination; and the readiness and alacrity with which the pursuit is prosecuted, we term natural genius. This propensity is sometimes checked, and even overcome, by the counteraction of circumstances,

but when left free from obstructions or restraint, seldom fails to lead its possessor through life. No doubt can exist, that Doctor Thomson was urged forward by some such impulse.

Look at the unbreeched urchin, scarcely four years of age, traversing the fields, and threading the mazes of the forest, to indulge his propensity to cull the roots, plants, and flowers, with which nature had stored her vegetable magazine. Perhaps it was curiosity that guided the infant wanderer in his researches. Be it so—Yet why should his curiosity, more than that of other children, have so entirely absorbed his mind in this pursuit, to the absolute exclusion of all others? At that age, too, the careful parent would be extremely apprehensive of the effects of poisonous plants, which his knowledge at such a tender age would not be likely to designate; and against which, they would most assuredly and frequently warn the young botanist; and, ten to one, either such a child would heed the caution, and abstain from the practice, or poison himself by his disobedience. But not so with him. He not only culled, but he tasted and chewed every thing which came in his way; and tried its effects upon himself; yet he appears never to have experienced any disagreeable effects from the habit, with the exception of the vomiting occasioned by *Lobelia*, and which eventually led to his most important discovery.

Other persons, without an indication of any special or natural propensity, enter on a course of study, with a particular object in view. They pursue a track marked out for them by books and teachers, and are content with

knowing what others have known; or at most, with having advanced a few steps farther in the same direction.—But Doctor Thomson proceeded without system, without any definite purpose, without any high road to travel, and destitute of any other directions or way marks, than what nature, his own mind, and his own experience might furnish.

These circumstances were, as they ever are in all cases, the most certain and direct means of giving birth to an original system. The mind thus free from all the shackles of popular science, independent of all dogmas, and guided only by the laws of nature, is cast upon its own resources, and with unwearied application, in the midst of the field in which materials abound, pursues the study with the certainty of success. It is in this way, that the self taught man so frequently outstrips and soars above the mere student of *book philosophy*, who obtains his knowledge as the parrot learns to talk.

Thus Doctor Thomson shaped and followed his course. Even his ignorance of literature and philosophic science was a benefit to him. With a knowledge of these, his mind might have been directed to some other pursuit:—If not, he might have seized on his first discoveries, and from the pride natural to the learned, launched into practice on a half matured plan, and perhaps have mingled it with the legalized quackery of the day, and neutralized its virtues. But his course was different. Conscious of his own ignorance, and diffident of his own talents, he appeared to entertain no thought of becoming a physician, and from time to time, recommended and administered

his simple remedies only as necessity dictated, when all other remedies had failed; and it was not till he had reached the age of thirty-three years, that we find him to have undertaken to prescribe for a patient, except in his own case, or some one in his own family; and then, generally, for those whom regular physicians had pronounced incurable. We have already said that he commenced his botanical researches at the age of four years. Before he commenced his practice abroad, he had consequently pursued his *study* of the book of nature, TWENTY-NINE YEARS.

During the above period, Doctor Thomson had become acquainted with a long catalogue of medicinal plants, and learned their healing properties from experience. Gradually he had adopted one and another, as the knowledge he derived from the use of them justified: And finally, as the great balancing power necessary in the formation of a new and complete system of medicine, he was induced to apply the steam bath externally, and hot medicines internally, to preserve nature's equilibrium, by the proper distribution of heat. During the same period also, he learned from painful experience, the nature of fevers, small pox, measles, and eanker rash, and their appropriate mode of treatment; and by closely scrutinising the mode pursued by the regular practitioner, and comparing it with his own, both in operation and effect, he became fully satisfied of the superior certainty and efficacy of simple botanic remedies, over the mineral poisons, phlebotomy and blistering, which constitutes their principal remedial agents. Now he appeared to have collected sufficient

knowledge and experience to combat disease, and had weapons enough at hand to warrant him in engaging in the deadly conflict. Yet, slowly and cautiously, he entered on the glorious work; and though occasionally he attended at the side of the sick couch, and disarmed disease of its fatal powers, it was not till the year 1805, when pressed with calls from all quarters, that he concluded to relinquish his agricultural pursuits, and devote himself entirely to his new profession.

It may well be supposed, that few indeed would call for his services, until they had found those of other, and scientific physicians of no avail. This was generally true. The cases therefore which he attended, fortunately for his fame and usefulness, were those of apparently a hopeless character. In all these he exhibited great skill. In most of them he effected cures, to the utter astonishment of all. These circumstances were soon noised abroad, and caused much speculation; and finally they created such a demand for his services, that, as we have already stated, he concluded to give himself up entirely to the work. Thus commenced his public career as a Botanic Physician, at the age of about thirty-six years, at least thirty of which he had spent in practical study.

Persons generally denominated root doctors, Indian doctors, &c. at least as far as we know, appear not to have adopted any general system for the treatment of disease, or to have studied much as to the causes which produce it. Their medicines are generally specifics, or certain remedies for the cure of certain disorders. Doctor Thomson never adopted that plan—He aimed above it.

He never dealt in specifics—His object was, to ascertain the true nature and cause of all disease, and to provide remedies for a general practice. This he knew was not in the possession either of the root or mineral doctors.—But when he came to the conclusion to enter on the practice, he had adopted no general regular plan of operations, and set himself at work to devise one, by drawing on his past experience, and the information he had acquired from it. The result of his deliberations were substantially as follows.

He concluded that the animal body is constituted of earth and water, as the solids; and that fire and heat enter into the composition, and are the causes of life and motion. The conclusion followed as a matter of course, that cold, the absence of heat, is the true cause of disease. On this simple, though philosophic basis, he proceeded to erect his theory with as much certainty and precision as though he had been educated in the first seminary in the world. To restore natural heat, and to distribute it throughout the body as nature does when unobstructed in the process, he concluded the only true and effectual means to restore health. This he proposed to do by removing obstructions, clearing the stomach, assisting the digestive organs in their work, and causing perspiration. Hence he rejected minerals, blisters, and the lancet; and true to nature, went to work with heating medicines, lebelia, and the steam bath.

From this period, about 1805, may be dated the birth of the Thomsonian botanic practice, as a system. And though farther experience has pointed out improvements



in some of its parts, as to the *modus operandi*, still, in all its essential principles it remains as it originally was;—for time and experience, instead of having detected a solitary error in the basis and principles laid down by the original inventor and father of the system, have but more firmly established them; and daily furnish new proofs, that they constitute nature's own law.

It has been, and still is, objected to Doctor Thomson, that he is an ignorant man. Ignorant of Hebrew, Greek, and Latin, he no doubt is; but we have known many dunces who were acquainted with all three. It is objected again, that he is ignorant of Anatomy. It may be so, though we are fully persuaded that he knows as much of the human frame, as many of those who profess to know more. But grant him ignorant of all things else, yet no man in his senses can deny him an extensive knowledge of the medicinal properties and virtues of the vegetable kingdom. His theory of disease and cure, is founded on the general laws of nature, operating on the human system as a whole. Hence, his object is only a general remedy, variable merely in the mode of application, as circumstances may dictate, to remove obstructions to the action of the vital power.

To clear the stomach, regulate the bowels, cause perspiration, throw off morbid matter, and to diffuse the natural and genial glow of heat throughout the system, is all he asks, and all he aims at. When all this can be accomplished, and he seldom fails to do it, health is restored;—and the result will best tell whether Doctor Thomson is an ignorant man, as regards his profession and practice.

One thing however is certain—The botanic system of medicine, as now taught and practiced, is Doctor Thomson's own invention. Of that he cannot therefore be ignorant, and must be as well qualified to teach and practice it, as any one else. Without the aid of scientific knowledge or of medical books or instructors, his own native sagacity, aided by observation, led him to discover and adopt the most important and firmly established principles respecting the origin and nature of disease, and the great desideratum to be aimed at, to effect the restoration of health. But here, medical science had come to a stand, and the faculty, left without sufficient light to direct them another step onward, had, in the course of experiments, sometimes successful, and at others fatal, so multiplied the nomenclature of diseases, and the number and forms of remedial agents, that the farther they attempted to progress, the path became more intricate, and the darkness and obscurity more perplexing.

To remove these insurmountable difficulties, was a principal object with Doctor Thomson; and to this, he specially directed his attention. He argued, as some eminent and learned men had done before him; that disease is one, or an unit. In other words, that all disease originates in one cause, and assumes different types and characters, only as modified by different circumstances:—Hence that, a simple mode of practice which should be found effectual in removing that one cause, would be properly applicable to disease in all its forms, varied from time to time, but never omitting the essential parts in any case, as the symptoms or violence of the disorder might dictate.

Medical men, and thousands of others, ridiculed the idea, that any man, and particularly one so ignorant as Samuel Thomson, should have found an universal specific in a few simple roots and herbs, which, with the aid of a steam box, was sufficient in all possible cases. This idea seemed the more ridiculous, inasmuch as the entire learning and experience of the medical fraternity, for forty centuries, instead of finding out such a simple remedy, had been continually complicating the medical system, and rendering it more uncertain, indefinite and obscure.

But they seem to have forgotten that simplicity is one of the greatest beauties of any system; and that in many instances, in which complication, the work of science, has rendered machinery almost valueless for a long period of time, the practical efforts of a self taught man have removed the difficulty, by simplifying the whole; and thus secured its benefits to the world. Thus Doctor Thomson simplified the machinery of disease, and of medical practice, and adapted the latter to the former. He cleared away all the ten thousand wheels, and springs, and belts, and cranks, &c. &c. &c., and laid the motive power open to view. He found that power to be but one—and learned that there could be but one antagonist power to obstruct its operations—That motive power was *heat*; without which, man cannot live—That antagonist power, *cold*, with which, man must die. On this ground he erected his theory; and, with the apparatus to combat this cold, and to restore the proper action of heat to the system, in obedience to nature's laws, he started on the race, amid the bitter persecution of some, the ill-natured oppo-

sition of more, and the sarcasm and ridicule of thousands.

A man of ordinary firmness would have been borne down and disheartened by the discouragements he met with even at the very threshold. A man who was not "made of sterner stuff" than enters into the composition of some, would have shrunk from the scoffs, and jeers, and bitter jibes, which were lavished on him. A man who could not nerve himself against all the calumny, the reproach, and the persecution, which his fellow creatures could heap on him, would have sunk beneath the load he was destined to sustain. And a man who was not determined to bear all, for the benefit of mankind, would have turned back, disgusted with the base ingratitude he met with, and left disease and death masters of the battle field.

But he was a being well fitted by nature and habit, for the part which Providence had designed for him to act; and bearing up, with almost heroic fortitude, and stoic firmness, under the tremendous burden, he defied the raging tempest which assailed him, breasted the waves with a steadiness and perseverance which manifested an unconquerable resolution to brave every danger that could by possibility await him, and stemmed the torrent as one determined to reach his port of destination, or perish in the attempt.

We cannot go fully into the details of Doctor Thomson's practice as a physician. Our limits will not permit us to do so. We shall therefore give a few sketches, to shew that the regular physicians were mistaken, and that his theory was correct; not however going any farther into the theory than is necessary to its history; reserving its principles in detail, for another part of the work.

As before observed, about the year 1805, we find the Doctor embarked in the practice. His scene of operations was in Alstead and Walpole, N. H. An alarming disease prevailed in those towns, which obtained the appellation of yellow fever. The doctors combatted it, probably with calomel, and remedies to *cool* the fever.—The result was a loss of nearly one half their patients. Thomson, who considered fever the agent of nature to throw off disease, entered the field, and pursued his plan of raising the internal heat, cleansing the stomach, and applying steam to the surface. With the exception of eight nights, he was the whole time in attendance on the sick for the space of forty days; and amidst the mortality around him, lost not a solitary patient! At various times after this, and at various places, he continued his mode of practice in fevers of every description, and while hundreds were falling victims to them, in the hands of scientific physicians, his practice proved effectual in overcoming the disease, and restoring health, almost in every instance.

In the same year, 1805, Doctor Thomson was called to attend a lady who had the dropsy; probably the first case of this disorder which had been submitted to him.—She had previously submitted to mercurial treatment, which increased the difficulty; and her physician declared *nothing else could save her*. But, when reduced to the lowest stage, and as a last resort, Doctor Thomson was called in, and, by pursuing his plan, she was restored to health in about a week. He afterwards continued to test this practice in the same disorder, with a degree of

success that created universal astonishment. In the case of Mrs. Eaton of Exeter, N. H. which had been given up as incurable, she was reduced fifteen inches in size in a short time, and finally cured. Doctor Shephard, who visited this lady with him, inquired how he did it; to which Doctor Thomson replied, in his characteristic manner, "the fire had gone out of the body, and the water had filled it up; and all I had to do, was to build fire enough to boil the water away."

However unscientific this reply, it exhibits the basis of the system on which Doctor Thomson proceeded. Doctor Shephard was constrained to express his astonishment at the result, which, though the reply made him laugh, could not fail to shew that the practice was correct.— And, to prove it still more fully, it was continued in all cases, and in almost all, with similar success.

Doctor Thomson gives us, in his biography, a great many instances of cures wrought by means of the remedies he used, and among which, he enumerates fevers, dropsy, dysentery, bleeding at the lungs, venereal, salt rheum, cancer, consumption, &c. One case of consumption deserves particular notice. Rev. Mr. Bolles, a well known and highly esteemed Baptist clergyman of Salem, Mass. was very sick in the month of December, 1808.— His complaint was pronounced consumption, and he was reduced to a state so extremely low, that the physicians, of whom his brother was one, had given him up, and declared him to be incurable. In this extremity Doctor Thomson was invited to visit him. He did so—and after a good deal of persuasion, and consultation with the

friends of Mr. Bolles, but without giving him any encouragement to hope for success, he consented to proceed.—Here again, we behold him combating consumption with the same weapons he wielded against fever, or dropsy, or any other disease. It was *disease*, emphatically, against which he waged war, and, meet it where he would, and in whatever garb, it was *still disease*; and unless nature had given up the struggle, the same weapons were competent to the purpose.

It is not our province to go into the minutæ of the case. Mr. Bolles was unable to be out of bed for more than three minutes in the day. Yet by means of Lobelia, to cleanse the stomach loaded with a putrid mass of matter, and such other remedies as were applied by Doct. Thomson, in three weeks, he was able to sit up two or three hours per day, and by the return of the following Spring, regained his health.

Here then we have an instance of one of the most extreme cases we can imagine, which had completely baffled the utmost skill of the most eminent physicians, treated with complete success by the *ignorant quack Thomson*. Reader—What sum, think ye, would Doct. Bolles have given, for skill to save his suffering brother? Alas! He had it not, and yet, Samuel Thomson, the ignorant, the despised, the persecuted, snatched that brother from the jaws of death! Suffice it to say, Rev. Mr. Bolles was living in Boston but a few months since, and for aught we know, still resides there, in the enjoyment of health.

Dr. Thomson's reputation, or rather the reputation of his practice, now began to extend itself. In the Spring

of 1805, we find a lady at his house, who was brought one hundred and thirty miles, on a bed, to seek aid at his hands. She had been bedridden most of the time for ten years. In the course of three months, she was so far restored to health as to be able to travel thirty miles a day, on her way home, and for years afterwards, retained a comfortable degree of health.

In the autumn of the same year, having attended Elder Bowles, of Richmond, and cured him of dysentery, he undertook to cure Mrs. Bowles of a cancer on the breast.—The tumor, he says, was about the size of a hen's egg.—He cured it without causing pain; and twelve years afterwards, he saw her in good health.

Another case of the same distressing, and generally fatal malady, he attended soon afterwards. Caustics had been employed for eleven weeks, but without any other effect than that of nearly destroying life. In three weeks Doctor Thomson removed the complaint, and restored the patient to permanent good health. Thus he proved the efficacy of his mode of treatment of this dreadful scourge; and numerous other cases of the same malady which came under his care, and his eminent success in their treatment and cure, established its decided superiority over all others.

In the Spring of 1806, Doctor Thomson determined on a visit to the city of New York, for the purpose of ascertaining the character of the yellow fever, and making a trial of his mode of treatment in that disorder. Some time after his arrival in the city, he experienced an attack of the disorder himself, which he soon overcame. Short-



ly afterwards he had the opportunity of practising on a patient violently attacked with the same disease; whom he effectually relieved in less than twenty-four hours.— He returned home in September, and resumed his practice in that vicinity. We will not follow him in all his movements from this time. We can only say, that he continued to extend his sphere of action to various parts of Vermont, New Hampshire, Massachusetts and Maine; and that wherever he went, he accepted all calls, practised in all cases of disease which fell in his way, and was so remarkably successful, that up to the close of 1809, a remarkable period in his life to be noticed hereafter, he had lost but EIGHT patients out of the hundreds he had attended. And even of these eight, several might probably have been saved, had they submitted to his directions.

We notice this fact as a very extraordinary circumstance, when we consider that the system he had introduced was still in its infancy, and might have been supposed imperfect; and that he had had no advantages of education, study, or experience, but those derived from nature herself, and those afforded him by his own practice. We notice it also as being still more extraordinary, when we consider that during the first few years, almost every one was afraid of him as a physician, and which, added to the determined and bitter opposition of the medical faculty, deprived him of nearly all patients, except those who had tried all other means in vain. Hence we find that nearly every one who resorted to him for medical aid, had been long under the care of other practitioners; and who, being assured by them that they were be-

yond the reach of medical skill, and must die, thought there could be no harm, if there was no good, in *risking* themselves in the hands of the "*stearn quack*."

However hard and distressing to him at the time, this state of things was fortunate for his system. The patients were satisfied that they hazarded nothing, and were content to submit to his prescriptions, in hope that they might possibly be benefitted. His success in effecting a complete cure in almost every case, exposed the fallacy of the theory and judgment of the medical schools, and carried conviction of the correctness of his own. Hence he began to gain the public confidence, which, affording him further opportunities for practice in ordinary cases of disease, obtained for him a celebrity which led people to investigate the subject. And since that period, the progress of his system, though gradual, has been sure; and, unlike all others, the more intimately people become acquainted with it, the more fully are they convinced of its soundness, and with the greater confidence they adopt it, and conform to it.

It will be recollected by many of our readers, that for several summers, a most fatal disease prevailed in many parts of New England, called the spotted fever. The Asiatic cholera never more completely set the skill of the medical faculty at defiance, than did this fell destroyer.—The entire period of its prevalence presented a series of medical experiments, instituted for the purpose of arresting its march. But as though it were a foul spirit of the nether regions, commissioned to roam the earth in quest of victims, and to laugh the puny efforts of man to scorn,

still it wended its way from town to town, from village to village, and from house to house, triumphant in its desolating progress, and laying low in the dust, nearly all who came in its way.

The writer well remembers the desolating scourge, the boding fears entertained on its approach, and the havoc of death which marked its course through the land. He well recollects that the celebrated Doctor Mann, at that time, he believes, a Post Surgeon in the U. S. Army, and stationed in Boston, was called on from all parts of the country, to render his advice and assistance in the terrible emergency. He was famous for his skill in the treatment of fevers; and published a work about that period, on that particular disease of which we speak. Yet nought availed—the desolating scourge, almost unchecked by the combined efforts of the medical faculty, pursued its onward course, and seemed to stop, only when it had completed its work of death.

Yet amidst this heartrending scene of desolation, there was one who could grapple with the cruel monster, and disarm him—There was one who could tame his savage ferocity, control him as readily as he would have done a sucking lamb, and rescue the suffering victim from his deadly fangs—That one was Samuel Thomson. Yes—even this fell malady yielded to his superior skill, almost without a struggle; and would the learned faculty have but condescended to take a lesson from him they termed an illiterate quack, hundreds of their patients, who fell, the unhappy victims of their scientific pride, and *learned* ignorance, might now have been living in the enjoyment of health.

Thomson pursued the even tenor of his way, mid persecution, contumely and reproach. His universal specific, his saving process, was put in operation. Like all other diseases, even this gave way to him, and his patients were saved; while those who unfortunately came into the hands of science, fell thick and fast, like men exposed to the murderous fire of musketry in the open field. We will briefly notice an instance, by way of proof and illustration.

In the Spring of 1816, Doctor Thomson visited Cape Cod, and attended, with success, several cases of spotted fever, or cold plague, as it was sometimes called. He returned home, but was soon informed that the malady had reappeared in Eastham, a town on the Cape, and was raging with fearful fatality. According to request, he immediately hastened thither; and now, mark the result.— He remained at Eastham about two weeks; and during that time, thirty-four patients were treated according to his mode, and out of the whole number, but one died!— On the other hand, of those who were attended by the *regular* physicians, but ONE OUT OF TWELVE LIVED! Who can read and reflect, without the involuntary exclamation, what a waste of human life by *science*!— What a salvation of life by reputed quackery! Yet such are the facts, as solemnly certified by the Minister, Select men, an other respectable inhabitants of the town, and not disputed, we believe, even by the doctors themselves.

Previous to this time, Doct. Thomson finding the practice to have increased so far as to require more than his individual attention, had instructed others in it, appoint-

ed them his agents, and supplied them with medicine.— But he met with much trouble in this course of procedure, from the want of good faith in some of those in whom he reposed the trust. Under these circumstances, deeming some sort of legal protection necessary to secure to him some of the pecuniary benefits of his important discovery, he proceeded to the seat of the General Government in February 1813, and obtained a Patent from James Madison, then President of the United States, dated March 3d, 1813.

On his return, he called on Doctors Rush and Barton, of Philadelphia, and explained his system to them. He had a friendly intercourse with them on the subject.— Doctor Barton, to whom Doctor Rush referred the subject, promised to give the system a trial, and to report it as its merits might warrant. Both these gentlemen died however soon after, and Doctor Thomson was thereby prevented from receiving the benefit of their opinion, and probably their influence. In 1815 he again visited Philadelphia, lectured, and introduced the botanic practice; which has continued to increase, thrive, and flourish in that city. It has also extended itself with great rapidity and success, since that period, through every state in the Union; and has finally found its way to England under very favorable auspices.

From about 1810, commenced a stormy period in the life of Doctor Thomson, relative to his private concerns with those with whom he connected himself in business. It would not much interest our readers to detail his private grievances. We think he has already done too much of

this for his own credit, in his "Narrative," and in other publications. No doubt he has had much reason to complain of ill treatment at the hands of those who should have been fast friends, and faithful supporters; yet we can see but little benefit likely to result to him or any one else, from laying the facts, with all the minutæ of names and details before the world. It is enough to say, that his agents, at least many of them, broke their fetters, set up for themselves, and thus disappointed his hopes of the benefits he expected to derive from the monopoly he fancied his patent secured to him. Others undertook to publish books, to compound medicines, to vend them, and to cure diseases, on his system, without authority derived from him. A trial at law found the patent deed defective. He afterwards procured another. And still affairs go on as formerly, and the troubles of Doctor Thomson, in that respect, continue as before.

In looking back on the past, it is certainly matter of surprise, to see what the lapse of little more than forty years has wrought; and what a wonderful revolution, though yet but limited and partial, has been effected.—With the exception of the clerical profession, no other order of men have obtained so strong a hold on the confidence and the faith of society, as the medical faculty, and even the clergy, though perhaps they have occupied the pre-eminence in the esteem and confidence of a portion of the christian world, have never exercised an influence so general over every portion of mankind, as have physicians.

People were fully persuaded that the profession and

practice of medicine necessarily involved principles which none but the profound scholar, and the highest grade of talent, could comprehend or apply to use. They tacitly consented to the supposed truth, that the nature and origin of disease, in all its modified forms, and the human system, and the proper modes of treatment, were subjects involved in mystery, inscrutable but to the deep searching eye of science, through the medium of Chemistry, Anatomy, and a thorough acquaintance with the *materia medica* of the schools. This knowledge was to be obtained only by the aid of colleges and academies, literary and medical, and the application of years of labor to the study of established theories, accompanied by experimental lessons.

These advantages are of course out of the reach of the multitude. But few, comparatively speaking, can afford the time, much less the money, necessary to such a long and expensive course of preparatory studies. The consequence is, that the medical practice has been mostly confined to the rich, who have erected it finally into a legalised monopoly, and on an aristocracy of wealth, have built up an aristocracy of science. This has been mystified and guarded by a technical jargon, analogous to that of the law, beyond the reach of any rules of interpretation, except the rules of the medical practice and of which, the faculty have too successfully labored to keep all others in profound ignorance.

Surrounded with the pomp and glitter of wealth, arrayed in the consequence of learning, displaying high sounding titles paraded on parchment and enrolled in the

archives of colleges and medical institutions, assuming pretensions to superior wisdom, and sustained in those pretensions by the fashionable world, the faculty have been looked up to as beings of a superior order, holding patents from heaven's high court of chancery, for the exclusive right of staying the hand of death, and distributing life and health to mankind. Their supremacy, in this respect, has been considered as established and legitimate.

Struck with these imposing appearances, the great mass of mankind approach the physician with a feeling of awe and veneration, as a being with whom it is almost unlawful to hold converse, with a face unveiled. The amazing volubility with which he runs through the medical vocabulary, gives a most exalted opinion of his wonderful knowledge, and leads the uninitiated listener almost to believe, that the learned oracle is so deeply versed in nature's handy work, and is so intimately acquainted with all her laws, that his power is sufficiently potent to frighten death itself from his prey, and to give life and health at a word. But, alas!—the sick bed, the dying struggle, the livid corpse, the funeral procession, and the mourners' tears, unfold a different scene, tell a different tale, and mock his assumed greatness.

Nevertheless, men refuse to be convinced, even by ocular demonstration. The physician must be a great man. He graduated at college—he has studied medicine for three or four years—he has attended on the operations of the dissecting room, and learned that man has a heart, and liver, and vitals—he has heard a course of anatomical lectures, and found out how to distinguish between the



jaw bone and the spine—he can deal out a dose of calomel, open a vein, or lay on a blistering plaster, and predict that a patient may die, or may live, and be quite as likely to guess wrong, as to guess right—Many may die under his treatment, but their time has come, and medical skill cannot save them—Some recover, and that establishes his fame on a permanent basis.

In short, the people determine that the physician knows a great deal, and shall be a great man—The physician seconds the motion, and determines that he will be one. Should fifty of his patients die, why that is the fault of divine providence. Their death was decreed—their time is come—and how can it be expected that even a great and learned doctor should successfully resist the decree of fate. Should ten patients recover, the wonderful skill of the practitioner is resounded from Dan to Beersheba—Providence has nothing to do with the cure—Oh—no—that is the doctor's work—without his aid, they would certainly have died, though their time had *not* come.

Against all this array of power—a power sustained and strengthened by the ignorance, the prejudices, and the pride of mankind, did the single arm of Thomson wage war, scarce forty years since. In this unequal struggle, single handed, but conscious of right and justice, did he advance, like the stripling of Judah with his sling and stone, on the Goliath of the medical world. From that time to this, his course has been steadily onward, and though yet multitudes remain ignorant of his system, and opposed to the practice, yet, at this moment it is computed that, in the United States, its friends number more

than FIVE MILLIONS; and, having been introduced in England, no doubt it will rapidly spread in that country.

But let it not be supposed that all this has been done without strenuous efforts, and the most cruel and bitter persecution on all hands. Doctor Thomson relates that his mode of practice was so simple that, at first, it met only with ridicule, instead of serious opposition; and cures were effected with so much ease and facility, that he was thought to be entitled to little or no remuneration for his services. These to be sure were discouraging circumstances, of themselves; but yet they were nothing more than might have been expected in the ordinary course of things. As early however as 1805, we learn that the doctors condemned him and his practice, though we know not to what extent the opposition was carried at that time. But in 1806, a determined opposition manifested itself against him, which gave rise to a bitter persecution, and caused him much perplexity and suffering.

On a visit to the town of Newburyport in the month of November, he was called on to visit a woman at a place called Salisbury Mills, who was suffering under a severe attack of the lung fever. She had been attended by a doctor of the name of French, who had given her up to die. Doctor Thomson effected a cure of the patient in a few days. The circumstance appears to have created a good deal of conversation in the neighborhood, and, probably, by rather lessening the consequence of this Doctor French, worked him up into a violent rage; and, as might have been expected of a self sufficient, narrow minded, and malignant brute, gave birth to a deep and settled hos-

tility, to be appeased only by revenge. He even descended to mean petty lying; and insisted that the woman was on the recovery before Thomson saw her; but was promptly contradicted by her and her husband.

Another case occurred at the same time and place, on which Doctor French tried his skill without success, and which was cured by Doctor Thomson; and in addition to these two cases, he attended several others with a like result. All this made matters worse with his learned opponent, whom he left soon after to the free indulgence of his wrath.

In the town of Jericho, in Vermont, in the following August, the dysentery prevailed to an alarming extent, and to a degree of fatality seldom witnessed. Of TWENTY patients in the hands of the *regular* physicians EIGHTEEN died! Of THIRTY attended by Dr. Thomson, TWENTY-EIGHT recovered; and the two who died were in the last stage of the disease before he saw them. Yet, the doctors who had lost *eighteen* out of *twenty*, accused him of having killed his patients, because he lost TWO out of THIRTY!—and even those two were in a dying state before he visited them.

This instance, and he was employed by the Selectmen of the town, affords a specimen of the efficacy of the system on which he practised, and the spirit which actuated his opponents. It is perfectly evident that those men slandered him out of sheer envy and malice, and from the fear that his superior success would materially injure their own practice.

From this time, the opposition increased in violence;—

and gathered strength from the accession of numbers. He cured those whom the regular physicians could not; and this was sufficient to awaken and arouse their hostility against him. Other people appear to have been well enough satisfied with his practice, and, when necessity compelled, submitted with confidence to his treatment; but, overawed by the doctors, very few indeed had the hardihood to seek his aid, till all hope in their ability to save them had fled. Doctor French continued to manifest his malignity on all convenient occasions, and the result of his persecutions, which we will briefly glance at, must suffice for this part of our subject.

This—we were about to say *man*—we are glad he has the title of doctor, that so we may not have to profane the name of man by using it in connexion with him—This doctor, even went so far as to join with the ignorant, credulous, and superstitious, in charging Doctor Thomson with effecting cures by means of witchcraft! A fine specimen of an enlightened physician, probably a *regular* M. D. of a medical society, of the eighteenth century! This was, however, a tacit acknowledgment that Doct. Thomson effected cures which he could not, and for which he pretended that gentleman was indebted to supernatural agency!

All this did not answer the purpose intended. Thomsonianism still progressed; and people rapidly came into the belief that it was better to be cured even by witchcraft, than to be killed by science. Doctor French found that he must resort to other measures; and that it would be necessary to send Doctor Thomson out of the world,

in order to get him out of his way. Accordingly he threatened to *shoot him*, should he again appear in his neighborhood! It would seem hardly credible that French could have entertained a design against Thomson's life;—and that for no other reason than because Thomson cured the sick, when he could not. Yet the sequel will shew that he did entertain such a design, and that, though omitting to carry it into effect by violence with his own hand, he used his utmost efforts, aided by others, to accomplish it in another way. Doctor Thomson prosecuted him for his threats, proved his charge, and obtained a judgment of court against him, which probably made him conduct with more caution. But an opportunity shortly after presented itself, for the exercise of his vengeful feelings.

Doctor Thomson was called upon to attend a young man in a desperate case of typhus fever. The name of the patient was Lovett; and he resided in Beverly, Mass. The care of the young man was taken by the Doctor with much reluctance, as he thought him so sick that medicine would not save him. He however finally consented; but, soon satisfied that he could do the patient no good, he requested that some other physician might be called in. Two others were immediately called, and the patient was left in their charge, after Doct. Thomson had remained with him during the night. At about ten o'clock in the evening of that day, the young man died. A few days previous to this, he had attended young Lovett, when first taken sick, and relieved him of his complaint; and this second attack, of which he died, was occasioned by too early exposure, which brought on the disease in its

worst form. The father of the patient acquitted Doctor Thomson of all blame, only he alleged that he did not attend him as soon as he ought to have done, on the second attack. The Doctor however declares that he attended him as soon as he was made acquainted with the circumstances. Doctor French had his eye on this case, and in the course of little more than a year afterwards, had laid his plan, as he thought, to accomplish his favorite object.

Subsequently to the death of Lovett, Thomson had been called to visit a Capt. Trickey, for whom he refused to do any thing, as he was confident it would be useless; and he told the son of the patient that he would not live more than twenty-four hours. Mrs. T. however gave her husband some of the Thomsonian medicine which she had in the house, and called in two doctors. They bled him—he grew worse—the next day, he died—Of course, his death was laid to the charge of Doctor Thomson, by the doctors and others, and gave rise to the most slanderous reports. This circumstance furnished another link for the chain which Doctor French was so intent on completing.

Having arranged his plan of operations, this *very amiable* M. D. some time in the fore part of November 1809, entered a complaint with a magistrate, against Doctor Thomson, for murder; founding his charge on the death of young Lovett; and on which charge, the Grand Jury found a bill of indictment for wilful murder! On being informed of this, he was advised to make his escape; as his friends clearly saw that every possible effort would be made to destroy him, and as no doubt, every art which

could be thought of, would be put in requisition to effect the object. He refused to do so, was arrested on the charge, and, on the 10th of November, imprisoned in the Jail in Newburyport, to await his trial.

During his imprisonment, he seems to have suffered much from cold, as no fire was allowed him, but his friends, among whom were many gentlemen of respectability, did much to alleviate his sufferings. As the regular term of the Supreme Court would not be holden till nearly a year subsequent to this time, Judge Parsons, at that time Chief Justice of Massachusetts, consented to hold a special term for the trial of the cause. The court accordingly convened on the 20th December, and on the same day, he was placed at the bar for trial.

Mr. Lovett, the father of the young man, for whose supposed murder, Doctor Thomson was on trial, was the first witness called. He seems to have been rather inclined to distort the case, but finally made out nothing of any importance against the prisoner.

A Doctor Howe followed. He swore that Thomson administered poisons to his patients; particularly Lobelia, of which, a root he presented, he said was a specimen.—But Doct. Howe could not describe Lobelia—Doct. Cutler said the root offered by Howe was *marsh-rosemary*, and another gentleman, to satisfy the court of the contemptible ignorance of the said Doctor Howe, ate the entire sample of the root he had offered. Several other witnesses were examined, but their testimony amounted to nothing, and even Doct. French, when brought upon the oath, was obliged to acknowledge that the prisoner

had practised successfully, in the part of the country where he, Doctor French, lived, and that his medicines were harmless!

Judge Parsons interfered—He informed the prosecutors that the testimony against the accused amounted to nothing, and though Doctor Thomson had made every preparation of witnesses, &c. for a full hearing, no defense was considered necessary, none was offered, and, in ten minutes, the jury returned a verdict of acquittal, on the pleas and evidence of the prosecutors themselves. Thus ended that farce; but not till Judge Parsons had given some hints, which Legislatures have since practised upon, that laws should be enacted, by which only physicians licensed by medical colleges, can recover their fees in a court of justice.

After this, Doct. Thomson prosecuted Doct. French; but, by bad management, and the glaring prejudices of the court, lost his case. Doct. French had taken pains to ransack the whole field of Doct. Thomson's labors, and the entire number of patients he was proved to have lost, out of the hundreds of desperate cases he had attended from the commencement of his practice, was eight—and EIGHT ONLY! And yet, with such astonishing success, a success which we firmly believe no *regular* physician in the United States can claim, he was basely charged with murder, and every endeavor used to consign him to the gallows; and for no other assignable reason, than that he, by his simple mode of practice, excelled the members of the regular faculty in the art of healing.

It usually happens, as a general rule, that persecution



strengthens and promotes almost every cause. More especially will it be found, that a cause founded in correct principles, and having the general good of mankind in view, will be brought more effectually into notice by the clamors of its interested opponents, and cause its merits to be more particularly discussed. And this becomes more certain, in consequence of the public sympathy ever excited towards a persecuted man. Thus in the case of Doctor Thomson; his enemies, by their clamors, gave him a celebrity which he would have been long in acquiring. His trial for murder brought his name forward in the public journals, called out many men of the first respectability, in his favor, and elicited a powerful array of astounding facts, which spoke volumes in favor of his mode of medical treatment, and led hundreds to examine for themselves, who, otherwise would have known nothing of the subject.

The public saw, at least those who would take the trouble to look, and they could not resist the evidence of their senses. Every where that Thomsonianism appeared, disease gave way, and yielded to its genial powers.—Death was robbed of his victims, and the sick restored to health; while the medical faculty, with all their scholastic knowledge, and scientific weapons, were frequently compelled to see their boasted skill baffled by disease, and to yield the palm to one they termed an illiterate quack.

From this period, the Thomsonian practice began to spread with greater rapidity, and to be more extensively known. As it made its way into notice, *aided* by the *opposition* it had already encountered, it excited new

and increased alarm among the medical faculty. They, however deeply versed in other sciences, seem not to have studied the science of human nature, and adopted the mode to put down the Thomsonian practice, which had essentially aided in accelerating its progress:---Just as though they could subdue the flame by the addition of fuel. The result has been, that the more the regular physicians have labored to put down Doctor Thomson, and his botanical system of medical practice, the greater the public feeling excited in their favor, the more has it led people to investigate the subject, and the more numerous have its friends become. We will quote a very striking instance, to illustrate this fact.

In the town of Manlius, N. Y. according to the account given by Doctor Thomson, in his narrative, his son, Dr. Cyrus Thomson, was arrested and thrown into prison, with another Thomsonian practitioner who resided in that town. Doct. C. Thomson, it would seem, was settled in the State of Ohio. He was passing through Manlius, when he was requested to call and see two very sick persons, in company with the other Thomsonian Doctor, which he did. One of those patients died; and the regular physicians raised such a clamor on the occasion, that they caused both C. Thomson and his friend to be thrown into prison. On giving bail, both were released from confinement; but Thomson, who had been prevented from prosecuting his journey, commenced business in the place in the line of his profession. The affair gave him celebrity, the people advocated his cause, and protected him, and from that period, 1821 to 1825, the practice had a

more rapid increase than it had ever had before; at least in that section of country. During those four years, according to Doctor Samuel Thomson, it extended itself more than two hundred miles, and gained many friends; and well it might; for he says that, out of about FIFTEEN HUNDRED patients, his son lost but six!

The doctors appear very soon to have seen the error they had committed in detaining Cyrus Thomson in Manlius against his will. They thought at first, no doubt, that they had done a great thing in commencing this prosecution, and truly it was so; but not exactly *such* a great thing as they had anticipated. They expected to put him and his friend down, and destroy the credit of the system; but the wise were taken in their own craftiness; and, as is usually the result of violent measures of persecution, built up what they had intended to destroy.

But still, the doctors, like many others, failed to learn wisdom from experience. By their persecutions, they had compelled Cyrus Thomson to remain in that part of the country. By their persecutions, they raised up friends for him, and gave him an extent of business to induce him to remain there when at liberty to act as he pleased. And yet, with these facts before their eyes, they then continued to persecute him, in order to force him to leave them; and thus continued to benefit him. Had these men exercised but a thimble-full of discretion, they never would have prosecuted him. He would then have proceeded on his way and left them to themselves. But they compelled him to remain against *his* will, and then he continued amongst them against *theirs*; and to use a

homely saying, they found to their cost, that they had "*caught a Tartar.*"

Since that day, in a number of instances, legal measures have been resorted to, to check the progress of the Thomsonian system. On the bodies of some few patients who have died under this treatment, inquests have been held, and *post mortem* examinations had. These have of course been mostly *ex parte*, and the doctors who have controlled them, have generally concluded that the patient was murdered by means of steam, lobelia, cayenne, or something else. But they have also very generally been more successful in exposing their own ignorance, than in satisfying the people of the truth of their charges; and have succeeded in convincing multitudes, that their proceedings, instead of being intended to promote the public good, are the offspring of deep malignity and sordid interest.

We do not wish our readers to understand us as making a sweeping denunciatory charge against all the members of the licensed medical faculty. Such is not our intention. The malicious and ill-natured course we have spoken of, has many, very many, truly honorable exceptions. But these exceptions are to be found among those high minded men, which here and there adorn the profession, and who look down with as much contempt upon the small fry, or licenced quacks, who really know no science but money getting, as it is possible for the reader to imagine. Men of real science are aware of the many abuses practised by ignorant quacks, who have no other passports to public confidence, than their diplomas. They

are aware that thousands of such are abroad, and denounce them and their practice as heartily as we do.—Men of noble mind and enlightened views, frankly confess, and candidly deplore the imperfections of medical science, and earnestly desire reform. Hence, they are willing to give even Thomsonianism a fair trial, and to judge of its merits from its effects, rather than from the supposed ignorance of its professors, or the amount of money to be gained to them by its failure, or lost by its success.

Even such men have their prejudices, it is true, and cannot be expected to come readily into the views of Thomson; still, it is well known, that while the *little m. d.'s* are unsparing of their persecutions, the greater ones move cautiously in the business. They have already, as we shall see in another part of this work, approved some of the material parts of the Thomsonian system, and adopted some parts, as salutary to the human constitution, and highly useful in the cure of disease; while the mere understrappers of the profession, bitterly denounce the whole.

Nor would we be understood to say, that there are no quacks, and no impostors, who profess to be guided by the principles of the Thomsonian theory and practice.—It is a truth which the experience of mankind has fully tested, that there are by far too many persons who, actuated by avarice, or led on by some other propensity, with an apparent recklessness of all consequences to others, seem willing to sport even with human life, if in no other way they can gratify the favorite passion. By those who

conscientiously believe in the superior efficacy of the Thomsonian practice, who take unwearied pains to qualify themselves for the work, and who prosecute it with a scrupulous regard to human welfare, it is seen with much regret, that unworthy persons have assumed the profession, and, ignorant of its principles, abuse the public, and inflict deep injury on the system, and on those who carry it out ably in their practice.

While such abuses exist, and they are too common, it cannot be wondered at, that a prejudice should exist, unfavorable to the system itself, in the minds of those who give themselves no trouble to examine it, or test its merits. Yet even this is wrong. There is no profession, and no calling, however valuable, honorable, and important, which is not cursed with villainous members; and if we were to judge from the character of such, there is not one which would not be condemned. But there is a rule of judgment which seldom if ever fails to lead to a correct conclusion, and which, it is the indispensable duty of all, to follow. First—as far as practicable, satisfy yourself of the merits of the system laid down.—Second—look at its effects, as produced through those whose character is good. Third—if those effects are decidedly beneficial, you have then sufficient proofs to justify the conclusion that the system is a good one. Fourth—when you meet with one who, though holding that system as a profession, contradicts his profession by his works, set him down as an impostor, who intentionally acts the hypocrite, or ignorantly pretends to that of which he knows nothing.

This is the correct rule of judgment in religion, morali-

ty, politics, the sciences, and in fact, in every thing else. By this rule alone do we ask judgment to be made up on the botanic medical practice. Look at it—examine it—try it by the strictest and most invariable tests. If satisfied of the truth of its pretensions, and you wish to reduce the principles to practice, resort to men whose conduct and success have tested their skill—whose works have proved their honesty and their ability. If from these you derive a favorable impression, then tax not the system of Thomson with the sins of ignorant and reckless pretenders. This is the way you do in relation to the licensed medical faculty—You never undertake to condemn a skillful and eminent man, and his mode of practice, merely for the miserable quackery of an ignorant pretender to medical science. Such a course would be unjust and unmanly. It would be dispised by every honorable man. We request the application of these rules and principles in all cases.

In the year 1813, it will be recollected, Doctor Thomson obtained a patent for his discovery and invention.—This was proper, as no one will be disposed to deny that he was entitled to a rich reward for all he had suffered, and for the benefits he had conferred. Not only so, but as his patent would give him the entire control of the business, and no one could lawfully enter upon it without his consent, it was to be supposed that he, for the sake of his own fame, and the credit and success of his system, would be careful to exclude from the practice, all who were not well qualified.

But so simple was the entire process of curing disease,

in the mind of the inventor, that he seems to have forgotten that, to those who had not, like him, passed more than thirty years in its practical study, even its simplicity might be perplexing, that none could understand it at first sight, as well as himself, and that no one could be qualified to proceed in it with the probability of success, without some previous qualification, and some study and practice. Hundreds became satisfied that they had only to purchase a book and a patent right, to be qualified to practice at once; and that there was nothing more to be done than to know how to raise steam, and mix up an emetic, to constitute an able physician.

Under such circumstances, with the very natural desire of the patentee to extend the knowledge and practice of the botanic system of medicine, it is hardly to be wondered at that abuses should have crept in, in consequence of the patent rights, which all may obtain for an inconsiderable sum of money, having been placed, in many instances, in unworthy hands. Doctor Thomson himself has denounced a great many persons who have engaged in the practice. He has characterised them as impostors and deceivers; and warned the public to beware of them as men unworthy of trust and confidence. Had the Doctor always been careful to withhold his patent rights from all, except those who gave good evidence of their ability to make proper use of them, his denunciations and warnings might be productive of good. But, unfortunately, many of those he denounces, are persons who have commenced their career under his own sanction, and with his patent authority in their pockets. Among these, are found many



of the most able practitioners; and a considerable number besides, among those, have never purchased the right to practise.

By Doctor Thomson's denunciations and warnings therefore, the public are not taught to discriminate between the physician and the quack—They only learn who practise under the authority of his patent, and who do not—Who purchase their medicine of him, and who do not—While the very men he denounces as impostors and quacks, dangerous to the community, might readily become his agents, and receive credentials at his hands, by giving bonds to purchase medicine of him, at about six times the price for which they could procure it elsewhere of a quality equally good.

Those who have taken every pains to qualify themselves for the practice, have felt themselves injured by the course of the patentee. They have devoted their time and their money to the object, and suffered the persecutions which have been unsparingly heaped upon them; and they had the right to expect that he would use the authority given him, to shut out unworthy men from among them, and protect the qualified agent, and the public, against abuse. But, to their mortification, they have found ly unhappy experience, that \$20 in money, and a bond to ensure fidelity to the interests of the patentee, were the only qualifications required; and they have been, on all hands, brought into direct competition with those who, in fact, had no other to offer. Bonds could not control such persons for any great length of time. They have shortly set them at naught, defied the authority of the pa-

tentee, and procured their medicines where they pleased at a saving of more than eighty per cent.

Amidst these difficulties, those engaged in the psactice, with honorable motives, had but one of three things to do. Either they must prevail on Doct. Thomson to prosecute encroachments on his patent, and defend himself and his friends in a court of law, if he had the power;—or his friends must resist his pretensions to the right of monopoly, to defend themselves;—or, must quit the practice. Doctor Thomson did not prosecute infractions to any good purpose under his *new* patent, and suffered others to violate it with impunity. His friends, among whom, the author of this little work classes himself, did not feel inclined to quit the field. They closed with the only alternative, resisted Doctor Thomson's claims to a monopoly, and took to themselves the right to purchase medicine where, and of whom they pleased.

The case stands thus—The author is one of those proscribed by Doct. Thomson as an impostor. Yet he studied with Doct. Thomson's agent—Commenced, and long continued practice with the approbation of Doct. Thomson. He would probably have continued to do so up to this day, had Doctor Thomson enforced the authority of his patent, and kept out ignorant and dishonest men.—And had he continued to pay Doctor Thomson *six hundred dollars per annum*, for that which the Doctor permitted others to purchase for *FIFTY*, the author would never have been set down by him as an impostor. The reader, it is presumed, now understands the question:—Thus:—A man, however ignorant and dishonest, having

paid Doctor Thomson \$20 for a patent right, becomes a physician; and continues in fellowship with the patentee, as long as he continues to pay him six dollars, for medicine which costs fifty cents. But, although a man have purchased a patent right, be as well qualified to practise as Doctor Thomson, or better, and be universally acknowledged eminent for skill and success, if he purchase medicine of any one but Doct. Thomson, even though of better quality, which is not impossible, he is an impostor, in the vocabulary of the good Doctor.

We have been particular in this part of our subject, for two reasons—First, to shew why it is that any real impostors have found their way into the Thomsonian ranks; which is because any one can obtain from the patentee, the right to practise, by paying for it. Second, to shew that, when Doctor Thomson proscribes men as impostors, his proscription is no evidence that they may not be quite as good physicians as he is, and use as good medicines.—The only evidence it affords, is, that they refuse to come under bonds, or to continue so; to buy of him every ounce of medicine they use, and pay him his price, though it be fifty times its real value, and whether the article be good, bad, or indifferent. This is what he calls imposture; and there are a great many as good botanic practitioners as he is, who occupy this ground.

Such is now the state of things. A dissention has grown up between the patentee and a great number of others, on the ground we have stated above. This dissention, it will however be seen, originates entirely in the question of legal right, and pecuniary interest. There is no dispute a-

bout the essential doctrines and principles of the botanic practice, and "amid the war of elements," they still advance, and continue to gain a stronger and stronger hold on the public favor.

Since the first introduction of this system of medical practice, laws of severe character have been enacted in a number of our states, against "*quackery*;" evidently intended to prevent its progress, in order to uphold and support the aristocracy of the medical school. These laws have operated unfavorably in some instances, on the practitioners, in a pecuniary point of view. But, like all other modes of persecution, and all other restraints on what people consider their own personal rights, they have tended to promote inquiry, and to advance the cause their framers intended to destroy; and finally, as it happens with most arbitrary laws in a free country, they have become, if not exactly obsolete, at least almost a dead letter.

As our theory and principles have come into notice, they have called out many able pens, in the way of attack and defence. In the first place, the theory was treated with ridicule; but facts were given in reply, which could not be gainsayed. Ridicule was then followed by vituperation and abuse. Still the facts stared opponents in the face, and neutralised the slander. At length, a few individuals of the regular medical faculty, had the independence to examine the theory for themselves, on scientific principles. They became satisfied of its claims to superiority, and boldly entered the field in its defence.—Aided by the talents of other able writers, it has been

fairly presented before the public, in its proper form, and laid open for the examination of all. With the exception of a few snarling pretenders to medical science, the faculty have come now to treat the theory in a more deferential manner; and the prospect is, that at no distant period, it will become with them, the subject of a fair and manly discussion.

Even as far as the discussion has gone, with all the prejudices of science against innovation, the system has lost nothing. On the contrary, it has been continually on the advance. Much of the asperity formerly manifested in attacks upon it has been done away, and some of its most important principles have been admitted to be correct, by those well qualified to judge. It should also be known, for it is a very important fact, that lobelia, formerly considered as a deadly poison, has, since the discovery made by Thomson, been introduced into the pharmacopia of the faculty; and that the use of the vapor, or steam bath, is now approved by them. Not only so—but the experience of every day shews that the use of minerals, blisters, and the lancet, is becoming more unpopular, even among the faculty themselves. Many eminent physicians have become satisfied of their pernicious effects—Many declare that a revolution in medical science must be effected, and that soon. What must that revolution bring about?

Every indication at the present moment, points to the overthrow of the mineral practice. A reform or revolution in that practice, will not answer the purpose, nor meet the views of the public. With all possible reforms

and revolutions, poisons will remain poisons; blisters will not become other than blisters, and the lancet, when it opens the vein, will still continue to let out the purple current of life. The evils—the fatal evils—of all these remedies become more apparent, daily; even many learned physicians doubt their utility, and some condemn them; and every day increases the public antipathy to them—But one species of reform—but one sort of revolution—will be tolerated at last—the reform and revolution which are hastening forward; and which will finally sweep away the quackery of the schools, and establish the life preserving and health restoring botanic medical practice. -

# THOMSONIAN THEORY

## AND PRINCIPLES.

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WE have already seen, that the first attempt to put down this theory, was by means of ridicule. It seemed to be supposed that, because its inventor had been reared in obscurity, he was therefore destitute of the ability and the means to make correct observations, or to come to any definite rational conclusions on the results of his own experience. Much less likely did it appear, that, destitute as he was of any scientific aids, he should be found capable of fabricating a theory on philosophic ground.—Those who ridiculed him seem not to have been aware, or at least not to have had the fact in remembrance, that “necessity is the mother of invention,” and that philosophic truths are as frequently arrived at by proceeding, from the effect, to learn the cause, as otherwise.

We readily grant, that, had Thomson been first made acquainted with the philosophy of life, death, health, and disease, his progress might have been more rapid; but, it by no means follows, that his conclusions would have been more certain. As it was, his experience, which is the best school master, taught him the means of curing disease, and the properties of the medicines he used; and the mode of his practice, led him insensibly to ascertain the philosophy of the human system. Hence, when the

faculty came to find out what his theory was, they learned that they had been ridiculing a system resting on philosophic principles to which it was peculiarly adapted, laid down by some of their most eminent practitioners, though in a somewhat different form of words from those of Doctor Thomson.

Let us now compare. Thomson says that bodies are composed of four elements—earth, air, fire, and water.—Modern Chemistry would charge him with a false mode of expression. It would say that, although formerly there were considered only four elements, as above enumerated, yet it has been proved that each of these are compound bodies, made up of a number of simple elements. No matter—the fact does not invalidate his theory.—Leave out the word elements. Say that animal bodies are made up of four constituent bodies, earth, air, fire, and water, and you then have a philosophic truth acknowledged by all. Thomson's only error in this respect was, that from a want of the knowledge of the intricacies of chemical science, he took those for elements, which are compound bodies. The practical result is however the same. He meant simply to say, that animal bodies are made up of earth, air, fire, and water; and that is strictly and philosophically true.

From these premises, it cannot be doubted for a moment, his deductions are sound. A combination of all these bodies, in suitable proportions, in the proper form, and subject to the unobstructed operation of certain laws, is absolutely indispensable to organic existence in a healthy state. No one will deny this; and thus Thomson says,



“the healthy state consists in the balance and distribution of these four elements, and disease, in their disarrangement.” Was ever a philosophic truth expressed with more clearness and precision? And we should like to see the physician, who would take upon himself to deny that it is a truth.

His next proposition is equally perspicuous, and equally beyond the reach of cavil. “All disease is caused by obstruction:”—That is, whatever it be, whether morbid matter collected internally, in the glands, or externally on the surface, to obstruct the operation of the laws which confer and control the principle of life, produce disease.—And who is there that is not fully satisfied of this? Who is there who does not know, when the physician can open the pores and produce perspiration, clear the system of morbid matter, and give to all the organs of life their full and vigorous action, that his work is accomplished, and health restored? Surely, in all this, there is nothing to ridicule—nothing but what all true philosophy approves—nothing that is not absolutely necessary to all medical science.

We inquire, then, what is there in the theory, which can be made the proper object of ridicule? Why that, as disease, and all disease, is the effect of obstructions, so all disease is curable only by removing those obstructions, by diffusing heat over the system. No matter whether Doct. Thomson’s theoretical principle, that “heat is life,” be true, or not. To a patient, it matters but little whether heat be life, or the cause of life, or merely the means of promoting another principle which preserves life, so long

as he finds himself restored to health by the application and diffusion of heat, when all other means had been tried in vain, he cares not about the technical phraseology.—“Heat is life” to him. At least it has preserved life, and restored health; and he is satisfied.

We will not undertake to argue the point, whether the proposition that “heat is life,” and that “cold is death,” be or be not strictly and philosophically true. The doctrine was set up by Thomson as the result of his observation and experience. He found by his practice, that when he could properly regulate and diffuse this most important element, as he terms it, he could communicate renewed energy to the springs of life, and restore the system to a healthy and vigorous action. He found also, that without this powerful agent, disease would triumph, and destroy the patient, in defiance of medical skill.

Proceeding on this principle, he came to the conclusion that “whatever supports the internal heat, and directs the determining powers to the surface, will expel disease;” which he contends “is the effect of one general cause,” viz. “obstructions,” and “requires a general remedy.” In obedience to this theory, we find him engaged in producing this result in the systems of [his patients with as much care as the natural instinct prompts the feathered tribe to exercise, during the season of incubation, to preserve the proper temperature of their eggs, to communicate the powers of life to their embryo offspring. And Doctor Thomson certainly has the result of a successful practice in favor of his conclusion.

If unparalleled success in restoring the sick, and the ap-

parently dying patient, to life and health, can afford any evidence of the truth of an abstract proposition, it must be conceded that no one has ever had so much to offer, and so conclusive, as is afforded by his practice. Though after all, as we have before stated, the correctness or incorrectness of the bare proposition, can make no difference as to the merits of his theory and principles. Whether "heat is life," or the life giving, and life preserving principle, the result is the same.

Life, and the seat of life, is a mysterious subject. It has exercised the utmost ingenuity of the most eminent writers. Yet no one has ever been able to arrive at any thing like positive demonstration, and scarcely any two have been found to agree. Doct. Good places life in the blood. Even there, heat may be life, in warm blooded animals; and, if not life itself, yet the cause of life.—Thomson's theory is, that the circulation of the blood is caused by the expansive power of internal heat, and the counteraction of external atmospheric pressure. And who is there unacquainted with the fact, that when the vital current is congealed or coagulated, by means of cold, it ceases to flow, and life becomes extinct; unless before the fatal moment, it be reduced to its liquid state, and a new impetus imparted to it, by means of heat. How then can life exist in the blood, without heat? For aught we know, the blood might be deprived of some of its component parts, and life yet be preserved. But we know, without the possibility of mistake, the deprivation of life is simultaneous with the loss of heat.

Doct. Rush makes life to consist in motion, heat, sen-

sation, and thought. This he calls "*perfect life*." But are all these necessary to perfect life? We should think not. So confine a man as to deprive him of the power of motion, yet, while in a healthy state, which may continue for a long time, we know not why his "*life*" is not as "*perfect*," as though every limb had the freedom of motion. It is believed that there are thousands of animals without the power of thought; but we know not why "*life*" is not as "*perfect*" in them, as it was in Doctor Rush. We do not consider however, that there is any half way place between life and death. One body may possess more of the power of life than another, but if any body has life, that life must be perfect. Motion, sensation, and thought, are evidently the result of physical organization; and, at least some of them, and for aught we know, all of them make their appearance long after life has been imparted, and come to maturity with the system itself. That man has life, and "*perfect life*," before his birth, will not be denied; but that the powers of motion, sensation, and thought, are communicated at the same period with it, we think many will be slow to believe. Life may exist without these, but not without heat. And thus you deprive the theory of life, as laid down by Doctor Rush, of every essential principle but that of Dr. Thomson's, viz: heat.

The cause of disease, according to Rush, is "*morbid excitement*." This, by the way, is rather far fetched.—A "*morbid excitement*" is, literally, a diseased excitement. Hence to say that disease is caused by it, is to say disease is caused by diseased excitement. The mean-

ing probably is, that disease is caused by an unnatural excitement of the system. This view perfectly corresponds with those of Doctor Thomson. Let us make use of a simile to illustrate our meaning.

There is a lake which has certain natural outlets, thro' which it discharges its waters in smooth and gentle currents; and no damage is produced. But, by some means, these channels become obstructed, and the currents cease to flow. Finally, the main body of the water having continued to be swelled by constant accumulations, rises above the proper level, breaks through its banks, and with tremendous force, sweeps away all before it. Thus, in the human system; while there are no obstructions to the proper outlets for natural evacuations, all goes smoothly on, and health is preserved. But when these channels become obstructed, and the mass accumulates which should be thrown off, nature struggles to relieve herself of the burthen. This is what Doctor Rush calls "*morbid* [diseased] *excitement*"—and this is what Doctor Thomson calls *disease*. And now we would inquire where is the practical difference?

Doctor Rush sets this down as the one only *cause* of disease. Doctor Thomson considers it as the one only *disease*; exhibiting itself under various forms, as modified only by various local causes, but still requiring essentially the same species of remedial agents to remove it. Is it not perfectly apparent, that what would remove the causes of the "*morbid excitement*" of Doct. Rush, would also remove Doctor Thomson's "*obstructions*," and *vice versa*? Is it not quite certain that what would quiet the

“*morbid excitement*” of Doct. Rush, and assist nature to resume her operations without interruption, would cure the *disease* of Doct. Thomson, by removing all obstructions to her course? Is not Thomson quite as philosophical in all this, as Rush? Where then the difference between the latter and the former? Let us see.

Rush had studied the science, and built up a theory of disease, but had not erected a corresponding system of practice. Thomson had invented the practice first. Experience proved its correctness. This led him to the theory of disease. That theory was approved by the science of Rush. But Thomson had this advantage—he had both theory and practice, and Rush had the theory alone.

We might expatiate much longer on this particular branch of our subject, by comparing the leading principles of the Thomsonian theory and practice, with the philosophic views of many others, and laboring to point out more minutely, their strict accordance with a thousand well known facts. But the limits we have prescribed to the work admonish us to be brief; and, as many of those facts will come into the discussion, incidentally, we will omit them in this place, and proceed.

It will not be so surprising on due reflection, as it might appear at the first glance, that Doctor Thomson should have become so well acquainted with the nature of disease, and the medicinal properties of vegetable productions. He is not the first who has made the attempt to simplify the theory of disease. Doct. Brown, in his theory and practice, reduced all diseases to two classes, and treated them accordingly. Doct. Rush went beyond him,

as we have already seen, and reduced them to one; and used means only to ascertain the state of the system of the patient, without an elaborate study of the particular type of the supposed disorder; and, like Doctor Brown and Doctor Thomson, took measures to equalize and regulate the life giving and life preserving principle, by removing the obstructions to its healthy operation. Brown and Rush were eminent and successful practitioners; but how did they arrive at their conclusions? Certainly not by means of the science of medical schools.

Medical science, popularly so called, does not recognise, or even tolerate this doctrine. This is apparent from the fact, that their nomenclature embraces a multitude of names and remedies, beyond the powers of the most capacious and retentive memory; and which involves the entire practice in dubious obscurity, by rendering it necessary to await the full developement of the peculiar character of the disease, before any definite measures can be adopted for its cure. Sometimes, while thus waiting in suspense, the disease assumes a fearful height, and defies medical treatment. At other times, it is so complicated, that it cannot be defined; or so deceptive that its name is mistaken. In either case, the physician must operate in the dark, and proceed by guess; and there can be no doubt in the mind of any one, that many valuable lives are sacrificed to this uncertainty. From such a science, Rush could not have learned the unity of disease. How then could he have learned it? We reply, by practice, observation. and the nature of things.

He saw the fatal evils of the multifarious jargon of the

faculty. He sought means to overcome them. By strict attention to the first symptoms of disease, their similarity must have struck him forcibly, as indicative of one common origin. This conviction must have led to another; viz: that they owed their birth to one common cause.—Another conclusion from this, must have been equally certain; the cause being always the same, the effects must be similar—Hence the plain, simple, and natural inference, that disease is one, varying in appearance and violence according to local circumstances, and requiring similar remedies in all cases, in the main, varying only in the details of the mode and application, as local circumstances might dictate. Doct. Rush must, most unquestionably, have proceeded on this ground; nor can we doubt the ultimate conclusion in his mind, that a simple remedial system, adopted to all possible cases, was the great desideratum in the theory and practice of medicine; yet he did not explore the field in which the remedy was to be found; but Doct. Thomson commenced in the proper manner to make this important discovery.

He had at his command, only a few of the simples of nature. He saw the ravages of disease, for which he had no names, only as they were furnished him occasionally by others. First, one disease would make its inroads into his family circle. The physician, after the exercise of his utmost powers, would give the patient up to die.—Driven by necessity, or led on by hope, Thomson came in with his half dozen roots and herbs; and his wife or child was rescued from the very jaws of death. By and by, some disease with a different name would make its



appearance, and attack his family with fearful violence. The skill of the physician would again fail. Again would Thomson step forth with his little handful of simples, and again would he prove victorious. Thus, one disorder after another, first in his own family, then among his neighbors, and finally in a large community, was found to yield readily to the very few simple agents which made up his miniature pharmacopœia, till at length, to his own astonishment, as well as the astonishment of others, he found them infinitely more effectual in all possible cases, than the multitudinous prescriptions of the entire range of popular medical science. In comparing Thomson and Rush therefore, we find only this difference in point of fact—Rush, by observation, had become convinced that all disease was originally the same; and that, to remove disease, you had only to remove the original cause; but he had no common or universal remedy. Thomson, by practice, learned the remedy first; and its efficacy, and the manner in which it gave relief, led him to the same conclusions to which Doctor Rush had arrived, as to disease itself.—We can see nothing in this, except the boldness, perseverance, and native strength of mind, of Doctor Thomson, to excite our special wonder,—Nothing but what is perfectly natural.

One of the great objections urged against the Thomsonian practice, is, that it introduces comparatively ignorant men into the practice of medicine, and holds out inducements to individuals to attempt to become their own physicians, perhaps at the hazard of life. To the latter objection, we would oppose the saying of a late eminent

physician of Boston—that a man who was not capable of being his own physician, at thirty, was a fool; and the opinion of Doctor Rush seems nearly to have corresponded with this saying. He says, “The essential principles of medicine are very few; they are moreover very plain. All the morbid affections of heat and cold, of eating and drinking, and the exercises of the body and mind, may be taught with as much ease as the multiplication table.” He recommends that the profession be stripped “of every thing that looks like mystery and imposition,” and that “medicinal knowledge be clothed in a dress so simple and intelligible, that it may become a part of academical education, in all our seminaries of learning.” He argues that men and women may learn to preserve health and to cure disease, as easily as to raise grain, or to make bread.—And he supposes that, to question this fact, is to impeach the goodness of Deity, by supposing that he acts without unity of system, in giving to all, the capacity to cultivate and prepare aliment to preserve health, while he has rendered the means to restore it so abstruse as to require years of study to learn and apply them. He farther argues that, though “surgical operations, and diseases which rarely occur, may require professional aid, two or three persons separated from other pursuits, would be sufficient to meet the demands of a city consisting of forty thousand people.”

In the entire circle of our acquaintance or knowledge, we have never seen or heard, among the friends of the Thomsonian theory and practice, any thing more truly radical than this—any thing more pointed against the

mystic quackery of the medical faculty—any thing which more pointedly ridiculed its preposterous pretensions—any thing more favorable to the general spread of medical knowledge—nor any thing which more fully sanctioned the idea, that the present routine of medical study was all a farce, and that any person of common capacity may acquire all necessary information on the subject, as readily as one may learn to cultivate grain, to make bread, or commit the multiplication table to memory.

There is nothing more true than that circumstances alter cases. If the science of the schools were the true and only medium of acquiring medical knowledge and medical skill, and if the art of healing were to be learned only by a thorough acquaintance with the anatomy of the human system, the names, nature, effects, and composition, of the nauseous and deleterious drugs which compose the pharmacopœia of the schools, and the endless vocabulary of disease, with its ten thousand traits—We say if the art of healing were to be arrived at only through this sinuous path of eternal contrarities, then well might men despair of obtaining the requisite knowledge, without many long years of study. Yea—we sincerely believe that, were all this necessary, a Methusaleh might appropriate his long life to the laborious task, and yet die a novice!

But Doctor Thomson did not believe this; neither did Doctor Rush. The latter gentleman, as we have already seen, reduced disease to an unit; and sought only to remove the cause, by assisting the operations of nature.—The extent of study necessary, on his theory, was to learn when the animal functions were disordered, and the vital

energies impaired, and to what degree. All this he readily learned, and so may any one else in a short time, by close observation, from external appearances, and the description of the internal feelings; and in fact, in most cases, one may be accurately known from a knowledge of the other. What remains then, but to know the means which nature has provided to aid herself, and to apply them to use as circumstances may require? This was the desideratum with Rush, and this is the theory and mode of practice adopted by Thomson; and which an experience of forty years has proved correct.

We are not inimical to knowledge in medical men.—Far from it. The more of it, the better. But it should be of the right kind. The knowledge of all the schools in the world, after a lapse of thousands of years, did not qualify physicians to cure the spotted fever, or the cholera. About seven out of eight who were attacked with these disorders, and submitted to the *scientific* practice, died. At least nineteen out of twenty who sought relief from the Thomsonian practice, were cured. Who cannot see that the Thomsonian practitioners, if comparatively unlearned, had not by far the greater amount of valuable medical knowledge? The medical faculty have, from their first birth, been continually studying to find out the nature of disease, and to devise remedies. Yet, in proportion to the number of patients, they lose ten, perhaps twenty, where the Thomsonian loses one; and that disproportion too, when a comparatively large number of the patients who submit to Thomsonian treatment, are those whom the *regular* doctors themselves confess they cannot cure.

What occasions this mighty difference? The *regular* doctors are learned men—They are scientific men too—and have passed through all the regular forms of preparation for the practice. No doubt they know a good deal. What is the matter then? Why do they suffer men, comparatively ignorant, taken perhaps a year ago from the field or the workshop, to go ahead of them; and without a smattering of Latin, anatomy, or chemistry, to take from these same learned men, the palm of victory, and to save hundreds, for whom learning and science can find no remedy? How happens all this? Permit us to reply.

The regular physician knows a great many things, but among them all, he has not studied the right one. The Thomsonian, though he may have studied but a few things, has studied the “one thing needful” to the medical faculty, the true nature of disease, and the proper and effectual mode of cure. No matter though the learned may be able to name every bone, muscle, artery, and all other component parts of the human body—No matter, though he may be so deeply versed in chemistry as to have made the discovery of the “Philosopher’s stone”—No matter, though he could read you off from memory’s page, the names, symptoms, and characters of all the diseases which have ever afflicted the family of man, and give a complete list of the entire collection of remedial agents recommended by the schools—Suppose he could do all this, and still could not rescue the suffering victim from the grasp of death—Of what utility would be all this, to a dying man? And if, after all this, the Thomsonian practitioner, ignorant of this array of hard words and ab-

struse science, should succeed in cheating death of his prey, and restoring the apparently dying man to health; would it not be evident that he knew more of what a physician ought to know, than he who had pretended to know so much?

Such instances are not rare. Thousands of such have occurred in all parts of the United States; and the evidence is complete, to all who will candidly scan it, that the ignorant man who has made himself well acquainted with the Thomsonian theory and practice, brief and simple as they are, knows more of the true nature of disease, and the proper mode of treatment and cure, than could be learned at medical colleges in a thousand years, under their present system.

Look for a moment, at the Thomsonian theory and practice, and to satisfy yourselves of the truth of the above statements, compare them with others. Thomson says, for instance, "Heat is life—Cold is death." This is the foundation of his whole theory. Obstructions which prevent the proper distribution and action of heat, cause cold, which induces disease. Unless these obstructions can be removed, the cold, will be increased. To speak more philosophically, the heat will be diminished, and the violence of disease increased; and finally the heat will be entirely banished from the body, and life become extinct.

Now follow Doctor Thomson into the sick room.—There lies a tender and delicate female, on the third or fourth day, of what her mineral doctor calls a "settled fever." He considers the fever as the disease—the cause

of all the misery the suffering patient endures. He says it must have "its run"—perhaps twelve or fourteen days. In that time, in all probability, the patient will die. All the attending physician professes to be able to do in the time, is to assuage the fever in some degree, and to ameliorate the tormenting pains; and for which purpose, he lets blood; blisters, and administers cooling, and narcotic poisons. Thomson tells him he is mistaken. The fever is not the disease, but the friend—the handmaid of nature, struggling to throw off the disease. He says that, instead of giving cooling medicines, stimulants ought to be administered, to raise the internal heat, and to remove the obstructions which cause the fever. The doctor laughs at all this, but the patient is satisfied, and puts herself under the charge of Thomson. The doctor retires; but not until he has warned the patient and her friends, that Thomson's stimuli will burn her up, and that his violent remedies, on a frame so weak and delicate, will certainly prove fatal.

Nothing daunted, however, Thomson goes to work in a mode directly the reverse of that practised by his predecessor. Lobelia and Cayenne are not spared. The system is properly heated, obstructions are removed, the pores are unsealed, moisture covers the skin, the digestive organs resume their proper office; the racking pains cease to torment the patient, the fever disappears, and the vital energies are restored to full vigor. In the course of two or three days all this has been effected, and the patient restored to health. In innumerable instances have such things been accomplished, not only by Doct. Thom-

son, but by others, on his principles, without even a year of study. And not only in fevers, but in all other disorders incident to the human frame, known to the people of this country, has the same course been pursued with equal success. And what do the facts prove? Why that fevers, as well as other diseases [the doctors call them so] may be cured, or broken up. That cooling medicines are not proper, and that stimuli are the better remedies.— They prove that Doctor Thomson, and those who faithfully follow out his principles, however ignorant in other respects, possess a far more valuable fund of useful medical knowledge, than the regular faculty. And they make it manifest by their works.

Long before Doctor Thomson had dreamed of such a principle, and long before the day which ushered him into life, it had been believed by thinking men, that divine providence had provided in the fields and forests of every clime, remedies for the diseases of man; and that each habitable portion of the globe furnished all that was necessary to its own incumbents. Supposing all disease to be one, even should not every clime furnish plants of the same appearance, still there may be those, and there are those, which though apparently dissimilar, possess the same medicinal virtues. The *Lobelia* may not be universal, but there may be other plants with the same properties.

There are many vegetable productions which are poisonous to the brute creation. There are others which are useful and necessary to them as food, and others which serve them as medicines. Rarely indeed is it known, that



any animal that roams at pleasure in the fields and forests swallows any poisonous production. The instinct or habit, or whatever you please to call it, by which they are guided, is a mysterious principle, but it is nevertheless true that they select for use, plants which furnish them wholesome nutriment, rejecting all others, unless compelled to a different course by necessity, to prevent starvation. Some, we know, perhaps all, have recourse to medicinal herbs in case of sickness, and have their antidotes against the effects of poison. Thus, the toad, when poisoned, resorts to the plantain, and the cat when sick, finds her remedy in catnip. The medicinal properties of camomile, it is said were first discovered by watching the habits of a sick dog; which, every morning, drank the dew from the flowers of that plant, till he had recovered his health.

The sluggard was advised by Solomon, to learn wisdom from the ant. May not we profit by the admonition? Why should we distrust the care and goodness of the Great Creator, and, leaving the green field and the majestic forest, where his bounties are spread out before us, force our way into the bowels of the earth, in search of those things which nature has hidden from our view, known to be deadly poisons? Can we doubt for a moment, that he who has provided all things necessary for the brute creation, in those fields and forests, on which we are equally dependent with them, should have neglected the welfare of his intellectual offspring, and left them to perish without aid, or to seek it from mineral poisons? No—perish the thought. We will not think so meanly of the

God of nature. The toad when bitten by a venomous reptile, seeks the plantain, and is preserved by its genal properties. And shall it then be supposed that the Almighty, considering man as of less importance than the toad, should have left him to the direful necessity of swallowing poison as a healing remedy? Yet, instead of learning wisdom, which man might do even from the toad, the learned physician administers *poisons* to *cure disease*; and, what is still more astonishing, compels his patient to swallow one poison, either to counteract or expel another.

We are well aware that, to what we have said on this subject, and by way of objection to the use of lobelia, it will be urged that it is a poison; and to prove that it is so, and that brutes are not always led by instinct to avoid poisons, we shall be told that it sometimes is eaten by horses, and that it produces the effects of poison on them.

To the first of these statements, we reply that the opinion that lobelia is a poison, is a vulgar error, which physicians sanction either from ignorance or interest. We believe that no man who values his reputation a straw, will undertake to point out any experiment made for the purpose, which has shewn lobelia to be a poison. What are the proofs that it is so? Why, it has been so considered. And so have many other things, which are now known to be innocent. But persons have died, in some instances, who have taken it as a medicine. True—and so have thousands who never swallowed a single grain of it. Of the thousands, and tens of thousands, who have taken it freely in extreme cases, not one in an hundred

have died. The remainder have found health in it—and, in no *post mortem* examination, has its poisonous qualities been detected. This does not look much like poison. As deadly a poison as the faculty pretend it to be, hundreds of persons might be pointed out, who, by its astonishing healing powers, have been raised, almost from death to the enjoyment of sound and permanent health, who, had they swallowed one hundredth part as much calomel as they have lobelia, would be now, either miserably decrepit wretches, or quietly slumbering in their graves. And yet, forsooth, lobelia is a deadly poison, and calomel, in the language of Professor Silliman, is a “*safe and gentle remedy*.” What abominable hypocrisy. But as respects the horse.

It has been often said, that horses which had eaten lobelia, were effected with nausea, ran at the mouth, and appeared sick. Very likely; for so it affects the human subject. But do horses die in consequence of it? We can, from long experience, answer no. We have been long in the habit of preparing and vending this article for the use of keepers of livery stables, to administer to their horses in cases of disease. And in no one instance which has come to our knowledge, be the disease what it might, have we known lobelia, when given, to fail of effecting a cure. Reasoning then from analogy and from the facts, we argue that, as lobelia is found to produce this effect, the horse, acting from the instinctive impulse common to the brute creation, seeks and eats it as a medicine in case of sickness, instead of cropping it accidentally. Its operation, which has led some to imagine it poisonous, we

take to be merely the result of its medicinal properties, and the medium through which the cure is effected. We are satisfied that the diseases of the horse require a similar treatment with those of the human species; and that there is no remedial agent more salutary to either, than the one in question.

Much ridicule has been cast upon the Thomsonian theory and practice, because it is said to prescribe but one remedy for all complaints. This charge is, in part, false—and, so far as it is true, it affords no subject for ridicule. The charge is false, inasmuch as the Thomsonian practice embraces a considerable number of botanic productions, possessing a variety of medicinal properties, to be administered, as the judgment and experience may direct, as disease may develop itself in one form or the other. But we acknowledge frankly, that all these, separately or combined, are given with a singleness of purpose, directed to one object, and intended for the production of one result—viz: to remove obstructions, to annihilate the cause of disease, and thereby to banish the disease itself.

For instance, one man has a fever, another the dysentery, a third, the dropsy, and so on. We assign to all of these, the same general origin, obstructions in the system, which have disturbed the vital action by destroying or deranging the balancing power; or as Doctor Rush would have it, which has created a morbid, or diseased excitement. However therefore the mode of treatment may be varied in detail in these cases, the ultimate object must be the same—to cleanse the system, open all its natural

avenues, and restore the natural action by the due diffusion of heat, the vital principle, throughout the system. — Can there be any doubt as to the propriety of this course? Suppose the stomach can be cleansed, and all the natural channels of evacuation opened, can any one suppose that fever can continue to rage? And if fever be overcome by means which cleanse and purify the system, and restore its organs to healthy action, it will not be pretended that disease will longer afflict the patient, for the difficulties now removed, were the only cause of disease.

Suppose again, the case be dysentery. Perhaps the disease has originated in a cause created by taking into the stomach, unhealthy food. And what is this cause? A quantity of morbid matter deposited in the system, which cannot be digested; and which instead of passing off thro' the natural avenues, serves to obstruct them. Instead of passing itself off, it prevents natural evacuations. Instead of being digested, it deranges the digestive system, weakens the digestive powers, overcomes the natural heat of the body, and, unless a speedy remedy be applied, must eventuate in death. Suppose then, as in the case of fever, you take effectual means to eject the morbid matter which causes all this difficulty by sealing up the ten thousand avenues for evacuations. Suppose all that matter to be thrown off, and all those channels to be unclosed, how long before nature will resume her wonted course? And when the cold clammy sweats have ceased, and the powers of the digestive organs been restored, can disease any longer exist? And yet, is it not perfectly evident that all this may be effected by a treatment nearly similar to that

of fever? First cleanse, then warm, and finally strengthen the stomach, and the work is done.

Take the case of dropsy—It consists in a collection of water, in some part of the system, or, universally in the system. Why should this collection take place? It only occurs in a very small number, comparatively, of the human family, and under peculiar circumstances. Very little more moisture is taken into the stomach at one time than another, or by one person than another. The natural channels of evacuation are fully adequate to the purpose of ejecting the entire quantity again, and why is it not done? There can be but one consistent reply. Those channels have been obstructed—closed—and nature fails in her efforts to unseal them. What is necessary then?—Is not the reply equally inevitable—Remove the morbid matter which has closed up the canals—open the natural passages for the discharge and evaporation of the superabundant element. Restore and equalise the temperature of the system, and strengthen it in order to assist the operation of nature's laws. Can any one doubt the cure? Can any one suppose that dropsy could longer exist? And how shall this be done? Nothing more is necessary than that which cured the fever and the dysentery; though, in each case, perhaps some local causes might dictate a somewhat different course in the details of treatment.

We argue not from theory alone, though that were sufficient. We have practice—we have long experience to substantiate the argument, as thousands of instances will fully show. We challenge the strictest scrutiny when we say, that, few and simple as are our remedial agents, and

much as the faculty may ridicule our “*one* remedy for *all* complaints,” they have been, and will be, found more effectual in curing the numerous maladies which prey upon the human system, than all the scientific and far fetched drugs of the medical faculty. We boldly challenge the entire host to produce an emetic so certain, so efficacious, or so salutary as lobelia, stimuli which can bear the least comparison with cayenne, sedatives equal to our nerve powders, tonics equal to our cordials, or sudorifics that have the least pretension to merit, when brought into competition with our vapor bath. In short, our remedies are few and simple, and their effects eminently salutary; while those of the *regular* faculty are numerous, complicated, uncertain, dangerous, and often fatal. The Thomsonian theory and practice cure, and that speedily; seldom loses a patient, and *never kills one*. The science of the schools, though it may sometimes effect partial cures, seldom restores sound and permanent health, and often despatches the patient suddenly, or leaves him a suffering invalid, the victim of protracted disease, or a lingering death.

## DIFFERENT DISEASES AND TREATMENT.

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WE are now about to enter on a subject which is important for all to understand, because it is intended as a practical guide to health, for the direction and aid of the common capacity, to enable the reader to secure that invaluable blessing. It being intended also for common family use, it would not, we think, be advisable to theorise to any great extent, as plain and simple rules deduced from successful practice, will unquestionably answer a much better purpose. While therefore we shall attempt to give satisfactory reasons for what we may advance, it will be our main object to describe a variety of cases selected from actual experience, together with the modes of treatment adapted to them; and that in a manner too plain and simple to be mistaken. It is presumed that such a course will be more satisfactory to the reader than any other, as by it, he will more readily understand the rules of the practice, and be able, with more certainty, to apply them to use.

In the course of his practice, the author has invariably found that nothing is so convincing to the mind, as an actual successful trial, or being an eye witness of one. A person may philosophise and theorise during the whole course of his life; yet he will be slow to believe, unless



there be corresponding facts presented to his view. Give him these and he is satisfied without theory. We intend to give the reader facts. If he require more theory than we shall present him with, and have a curiously inquisitive mind, he will have materials to direct his inquiries;—and he will find it more easy, certain, pleasant and profitable, to erect a theory on facts, than he would to draw supposed facts from theory, in both of which, he might after all be mistaken.

It is extremely easy for a fruitful mind to frame suppositions. We are very apt to look on our own offspring with peculiar fondness. Hence our suppositions are the objects of affection, and we rarely fail to set them down as truths, without a very thorough investigation of their merits. For this reason we may proceed to draw on imagination, which will never fail to furnish us with plenty of materials to our own liking, to build up splendid and plausible theories; and after all, when we come to reduce them to practice, we may find that we have lost our labor, and that imagination has aided us in fabricating only a splendid delusion. On the contrary, a system founded on practice never proves deceptive. For though, in some things, we may not be able to account for actual results, yet we have those results before our eyes, and the theory will never lead us to an error in practice, though our ignorance of some of nature's laws may lead us to unphilosophical conclusions, as to causes by which effects may be produced.

These remarks are not made to apologise for want of theory among Thomsonian practitioners. We have one,

the essential parts of which have already been given, and which is brief, plain, simple, and easily understood, and based on true philosophic principles. It would be idle to suppose it infallibly correct in all its parts—We shall not pretend that it is so. What theory has ever been? But there is one thing we can say with confidence—Where the principles it inculcates are properly applied to practice, the labors of the practitioner are crowned with a degree of success which no other mode of medical treatment can boast of. We are well aware that objections may be raised, and arguments brought, against some of the principles we lay down in theory; but we know of no theory which is not open to objections, and against which arguments may not be raised. But we care not for this, even could objections and arguments be urged against every principle it contains. This would only be theory against theory—We bring a successful practice to remove all objections, and to rebutt all arguments; and which is sufficient, in the view of reason and common sense, to put to flight all the speculative reasoning of the schools.

Of all the diseases with which mankind are afflicted, we will single out, first, what is usually termed a *cold*, as the cause of more sickness than any other one, or than all others combined. Some may smile when we call *cold* a disease. But did they but see an hundredth part of what the physician sees of this malady, and its effects, they would not think it time misspent to study a treatise of an hundred pages, devoted to this subject alone. In using the term *cold*, we wish it to be understood as a negation,

simply meaning the absence of heat. That a loss or diminution of the natural heat of the system is the true cause of a vast proportion of the sickness we experience, is a proposition which, after due reflection, it is believed few if any will deny. For our own part, we believe it would be difficult to find disease in the system at all, unless there were a deficiency of natural heat, or an unnatural distribution of it. The above remarks must apologise for the space that this important subject will occupy.

The heart rending scenes which daily meet the eye, and pain the sensibilities of the practicing physician, originating in a slight cold neglected for a considerable length of time, and then treated, as a *regular* physician would say, *scientifically*, would induce any one possessed of a single spark of humanity, to drop the tear of regret and sympathy for human suffering, and to exclaim, why is it thus! This question we will attempt to answer.

The best way we know of to exhibit the effects of neglected cold, is to cite cases. In doing this, facts will be given, though names will be withheld, except in cases where we have been authorised to publish them. But in all cases we shall hold ourselves bound to give names to individuals who may call upon us for them, on condition that they shall not be made public.

The first case to which the attention is invited, is that of a respectable gentleman in a country town. He was attacked with a common cold, which, having been neglected for several days, was followed by a pleurisy. He was attended by a physician, who proceeded in the usual method, to bleed the patient, to administer opium, &c.—

The pains were thus overcome for a time, by overcoming sensation; and then it became necessary to administer stimulating drinks, to keep life in the patient. But when the strength began to return, and the blood to circulate freely, the pains again returned, and blood letting, and opium, &c. were again resorted to, with effects similar to those at first produced. It was sometime before the system could muster force enough to recover itself from a shock so violent as that given by the combined powers of the disease, and the unnatural mode of treatment pursued by the physician.

During all this time, nothing had been done to remove the cause. In other words, the physician had treated the patient for pleurisy, and left untouched, the cold which gave it birth, nourished it into life, and imparted its powers. The natural heat of the system was destroyed, or deranged by depleting remedies. True, the pleurisy was banished, but the very remedies which banished that, destroyed the balancing power, and confirmed and strengthened the cold, which gave birth to disease in another form. In short, the patient found he had only exchanged one disease for another, which, though more slow in its operation, was likely to prove equally fatal at last. His strength was gone, and the system prostrated, a violent cough succeeded, and consumption appeared inevitable. Thus was one of the most healthy men reduced, in a few days, to a state of extreme debility, and brought to the very borders of the grave! The *slight cold* neglected, brought on the pleurisy; and the remedies applied to remove the latter, brought on the third disease—remedies

intended to "cure or kill," and which are administered for the disease, without the slightest reference to the original cause. Thus do physicians conduct, just like a person who should attempt to stop a water wheel by force, instead of shutting the gate. The constitution was destroyed by violent and unnatural remedies, while *cold*, the original cause, which any old lady might have removed, remained untouched. And what followed?

His physicians, for he was now attended by several of the best, informed him that he must be kept in a weak state, lest his cough should gain strength, and prove fatal. By keeping his strength down, they gave him *hope*, that he *might get about again*. Accordingly bleeding was continued, and blisters, and leeches, and cupping, &c. were resorted to, and followed up to the utmost extent.— But all proved of no avail, for *cold*, the great cause of the difficulty, still remained in the system, and counteracted all attempts to effect a cure. By this time, the patient was a fair candidate and well prepared for admission into a Botanic Infirmary. In about two years after he had taken the *slight cold*, he applied to the author for advice and assistance. He was frankly told that his chance for a cure was small, and we had rather not undertake his case; as, if he died, it might be said that his death was occasioned by the Thomsonian practice. He was, however, earnest and determined; and finally was received as a patient, and his case prescribed for and treated as follows:—

1. There was given him a dose of the Composition Powder.
2. In the course of a few hours after the first dose, a second dose of the Composition Powder, together

with some Cough Drops. These were intended to warm the stomach, and produce a natural action in the system, as well as to loosen the cough, which was rather tight.— These produced a favorable effect, and the next day he went through a light course of medicine as follows :—3. An injection to evacuate the bowels, which had the desired effect in less than five minutes, without weakening the patient, as is the case with cathartics in general. 4. He was placed in the vapor bath, with the temperature at 80 deg. by the thermometer, which was gradually raised to 100 deg. But being weak, he could not remain in the bath a sufficient length of time to prepare the system to take a cold shower bath. In cases of extreme weakness, the patient is usually put into bed without a shower, or a warm one applied. In this case, for certain reasons, we preferred the latter course. 5. After having taken the warm shower bath, the patient was placed in bed, and an emetic was administered, consisting of *lobelia* combined with other articles, according to the Thomsonian principles. This operated so as to produce a favorable effect. 6. The patient was rubbed all over with spirit and water, before the perspiration had been checked ; which toned up the pores of the skin and prevented him from taking cold.

After all this had been done, the patient was dressed, and partook of some refreshment with a good appetite.— The operation through which he had passed, occupied about five hours; and in the course of the week he passed through two others of a similar description. Between these courses he made use of the Composition Powders,

Vegetable Bitters, and Cough Medicines; and all of which apparently produced a very favorable effect. At the close of the week, he thought himself much better, and expressed confidence in the prospect of being restored to health. We had however perceived that there was but little ground on which to rest the hope of a successful issue, believed his case to be incurable, and not wishing to administer more courses of medicine, advised him to return home.—He did so, and continued to take medicine to keep him comfortable. But, in about three weeks afterwards, he was taken worse and died.

All this was the effect, originally, of a simple cold; though many, as was at first expected, attributed the death of the patient to the Thomsonian practice.

We will now refer to another case. It is that of Mrs. Force; the wife of Mr. Wm. C. Force, President Street, Providence, R. I. This lady had had a severe cold for several days, which was finally attended with extreme pain in both sides. A neighboring physician was called in, who ranks first in the profession in Rhode-Island. He administered an emetic, to be followed with laudanum.—These did not remove the cause, and the effect of course continued to operate.

In about two hours after his first visit, the physician was again called. He then opened a vein, and let blood, as the only method by which she could expect relief.—yet relief came not. The author of this work was then sent for, who despatched Doct. Farwell, now of Fall River, then a student with the author, to visit the patient.—He commenced giving a course of Thomsonian medicine,

as described in the former case; only he had to wrap hot stones in wet cloths, and place them in bed, in lieu of the steam bath. The process cured the cold, the cause of the difficulty, and the effect ceased. In other words, the cause was removed, and the disease was cured. In a short time the patient was relieved from pain, and restored to her usual health. Such is the difference between doctoring the *cause* with vegetable remedies, and doctoring the effect according to the fashionable mode of practice.

Another case of sickness, from *cold*. Our readers will still bear in mind, that we speak of *cold* as the *absence of heat*.

Mr. R—, a merchant of Boston, took a slight cold, on a journey to New York. A few days of care and abstinence would probably have removed the difficulty, but it being in the season of fruit and green vegetables, he indulged his appetite too freely in these things, and was taken sick. Being a firm believer in the efficacy of the botanic practice, he would not consent to place himself under the care of a dealer in mineral poisons. He therefore procured the best articles he could obtain for the purpose, and a friend, at his request, administered injections. By these he was so far relieved that he ventured to start for home. On his arrival, he had considerable fever, a severe pain in the bowels, and was very much exhausted. He came to the Infirmary, and called for a course of medicine; stating that he was very sick, and was fearful that he should not recover.

He came in the afternoon, and immediately commenc-



ed with a course of medicine, which produced a very salutary effect; and the next day he was about the street.—The objector will say, the difficulty was mere indigestion. It is admitted—but there must have been a cause for this difficulty. What was the cause? Answer—unquenchably cold, which had impaired the action of the stomach, and prevented digestion. Had not that cause been removed, it would probably have produced more serious evils; and the common mode of practice would or might have led to a protracted illness, and possibly ended in death. The vegetable remedies of the Thomsonian system, effected a speedy cure.

This list of cases originating in slight colds, might be continued, till an enumeration of diseases had been made of every type, shade, and hue, to be found in the medical vocabulary. Who has not heard it said by the person wasting away with a lingering consumption, “the *cold* I took at such a time is the cause of my complaint? Had I listened,” says the dying victim, “to the advice given me at the time, and taken measures to cure that cold, I should not now have been afflicted with an incurable and fatal disease.” So it is with fevers, and by far the greater proportion of complaints.

Notwithstanding cold is the only assignable and the well known cause of these diseases, still the physicians suppose that, on the variation of symptoms, medicines must be varied accordingly. To illustrate the doctrine, we will suppose the following case.

Six men have been exerting themselves in an extraordinary manner; if you please, in attempting to subdue a

destructive fire. All of them have taken cold. In consequence, one of them, predisposed to rheumatism, will be attacked with that complaint. For that one, the physician would probably, and very rationally, prescribe *sweating*, and perhaps a vapor bath. On the second, perhaps the cold will fix some disorder of an inflammatory type—perhaps a fever. In this case, the physician prohibits all warming medicine; nor will sweating answer, in his estimation, because he thinks that by these the inflammation will be increased. Bleeding is resorted to, together with *fever* powders, composed principally of Opium, Camphor, and Nitre; the powders to be administered hourly, and the patient to be starved. This will make a long job at best, as the doctor says the “fever *must* have its *run*;” and, unless nature should prove strong enough to counteract the effect of the remedies applied, and to expel the disease in defiance of them, the patient will die. The third is immediately attacked with a raging fever. Here, says the doctor, is no cold. The fever, in other words, the *heat*—is the disease, the great cause of danger, and must be destroyed. To do this, he lets blood, cools down the system, and removes the heat. Cold naturally takes full possession; and, as might have been anticipated; the result is death!

The fourth subject of a weakly constitution, is taken with pleurisy. In this case, it is supposed that cold is out of the question; and the treatment will be precisely as described in the first case mentioned in this part of our work. The fifth, after the first symptoms have disappeared, will find himself in a weak and debilitated state—no

pain, no fever, and no strength. Not much, it is supposed by the doctor, can be done in this case. The patient, he thinks, is too weak to take much medicine. He cannot bear depletion, and stimuli it is thought will produce a fever. The patient is therefore obliged to wait till his physician has ascertained precisely what is the nature of the disease, before any thing of consequence can be done for him. Perhaps by the time he has come to any definite conclusion, a confirmed case of consumption presents itself, and death spares the doctor the trouble of a cure, though probably not in season to prevent a long bill. The sixth person has a robust constitution—he pays little or no attention to his cold—and nature alone overcomes it without medicine.

These six cases, all, were the production of one cause. Over exertion, and exposure. The five cases of illness which followed, were evidently the varied results of one common cause. That cause was cold ; and the means by which it operated to produce the subsequent symptoms and complaints, was, obstructions it had created in the system. These obstructions occurred, some in one part of the system, and some in another; and, hence, the variation in the symptoms and complaints, in accordance with local circumstances. But one thing is perfectly evident :—one only agent, COLD, was the first cause of all—obstructions were the secondary cause—And we think it equally evident, that any *one* mode of treatment which should overcome the *one first cause*, COLD, by removing the *one* secondary cause, *obstruction*, would conquer the disease, of whatever character, the existence of

which depends entirely on those causes. The treatment therefore, in each case, should have been the same in principle, varying only in the *modus operandi*, as the strength or weakness of the patient or patients should have dictated. And now, on this ground, let us take a look at the Thomsonian principles and practice;—and we shall find, according to what has been before said, that they aim at that single result, to remove the obstructions occasioned by cold, or by any other cause, if there be any other, and to strengthen the system by the process, instead of weakening it. Rarely indeed does this simple method fail to effect the object, or to restore health; and, generally, it is accomplished in a few hours, on a seasonable application.

### FEVERS.

After what has been said on the subject of cold, it would seem almost useless to spend much time on that of fever. But, as this complaint, or rather, as the disease which gives birth to it, is yearly dispatching its thousands to an untimely grave, and as the fatal effects are improperly ascribed to fever itself, some remarks may be deemed necessary. For our own part, it is believed that three quarters of those whom the doctors say die of fever, fall victims to a false mode of treatment; nineteen twentieths of which consists in *blood letting* and *blistering*, and the exhibition of *mercury*, all of which are as unnatural and inimical to life and health, as the poisoned dagger of the assassin. There probably is no condition to which a person can be reduced, which will so readily and thoroughly convince him of the superiority of the Botanic

Practice over the depletive system of the licenced practitioner, as to experience, or witness in others, the treatment of a case of violent fever.

In this, there is no deception, and no mistake. The botanic treatment is almost in every particular, directly the reverse of that adopted by members of the regular licenced faculty; and if one can shew that fire and ice will produce the same effect, by the same rule, then and not till then, can he shew that the two modes of treatment can be reconciled with each other.

The *regular* physician bleeds, cools, and reduces the system as low as it will bear; and should the patient live, it will be long ere he recovers his health, if he ever do.—On the contrary, the Thomsonian heats up his patient, and clears the system, by the use of warming and cleansing medicines administered internally, and the external application of the vapor bath, until a free and copious perspiration has been produced. These dislodge the morbid matter—the patient first experiences a sensation of cold—then the natural heat is diffused—the obstructions are removed—the cold is expelled—the fever vanishes—and the patient finds himself completely renovated, and in full possession of health—and all, in a few hours.

During the process, no poison is swallowed—therefore none is left in the system. Hence, no such things as fever-sores, hip diseases, ruined constitutions, &c. remain as the results of the treatment—results which too often remain as an offset for most of the benefits conferred by the bleeding, blistering, and mineral practice—for nothing has been done or given, which could inflict the slightest injury on a person in sound health.

Perhaps, in some cases, passing once through this simple process may not entirely remove the *cause* of disease, and a relapse may be the consequence. Let the patient try it again then, and partake plentifully of milk porridge, or gruel, as soon as the system shall have been properly cleansed, and the trouble will be at an end. We have said above, that nothing is done or given, which would injure a person in sound health. But in the regular practice, what is administered to the sick man, would be likely enough to kill the well one. In fact, doctors frequently say, if we had given to half a dozen well persons, what we have given to this sick one, it would have killed them all ! The difference is, the poison is more readily diffused through the system of the healthy person, than the sick one ; but it is not possible, in our estimation, that poison sufficient to kill six persons in *health*, should not injure *one* person in a *fever*.

Some time during the practice of the author in Boston, a young man was brought to his Infirmary from on board one of the packets which plied between that city and Richmond, Va. He was attacked on Sunday, with the Southern Billious Fever ; or as the Captain called it, Yellow Fever, as near as the climate would admit of. The commander of the packet being a Thomsonian, always kept the medicine with him ; and he gave the patient some, which appeared, for the time, to relieve him. But on the following morning he was attacked with increased violence, and was conveyed, in a carriage, to the Infirmary. This occurred on Monday morning. A course of medicine was immediately commenced, such an one as

will be described hereafter. Subsequently to the operation, which lasted about four hours, he arose from bed, to appearance entirely well, ate heartily, rested well during the succeeding night, and was out on Tuesday morning. In the forenoon of that day, the fever again made its appearance, and he immediately submitted to the same mode of treatment as on Monday, and with precisely a similar result. Wednesday it was the same. On the following night, as before, he took diaphoretic medicines, and on Thursday went through another full course, which produced a powerful and effectual operation. He then departed, in *good health*, and, the next day, took his place on board the packet as one of the crew; and on Monday following, was as well able to do his duty on board, as though nothing had happened to him.

This was the only case the writer has ever had under his care, in which the patient appeared to have been effectually relieved, and then suffered a relapse so many times in succession. But he has had several cases which required as much, and even more medicine, before but little perceptible relief could be obtained.

We had another case, while practising in Boston, similar to the above, and which nearly proved fatal.

The writer had an intimate acquaintance, a young man who sailed in the capacity of mate on board a vessel in the West India trade. He always carried with him a supply of Thomsonian medicines. But it happened, while in a West India port, that a number of the crew of his vessel were sick, and he gave them all the medicine he had procured for his own use, preferring rather to do that,

than to give them the *poisonous drugs*, with which the medicine chest was furnished *according to law*. On his passage home, he was attacked with the fever common to the West India climate; but having no medicine but such as he refused to give to others, he made use of none. On his arrival at Boston, the complaint had so far advanced, that a discharge of corrupted matter had commenced, from both ears. This indicated that stage of the disease, when the faculty generally consider medicine unavailable, and the case hopeless. He was taken to the Infirmary at about 3 o'clock P. M. where a course of treatment was immediately entered upon.

The first course of medicine produced no other effect than mere temporary relief. After the first course, he continued taking medicine, with frequent injections; which latter remedy is of much importance in all such cases, to prevent mortification. This course was followed up till the next morning. He was then carried through another course of medicine; but it could not be made to act upon the system. The case now assumed a hopeless aspect, as medicine would not act.

Having a strong tincture of lobelia at hand, prepared in *vinegar* instead of *spirit* by way of experiment, a tea-cup full of that was given, with a teaspoon full of the strongest African Cayenne pepper. On being raised up in bed, he swallowed it. The effects went through his system like electricity. They were instantaneous; and the change was astonishing. "*He is safe!*" I exclaimed—to his anxious friends, who, in mute despair surrounded the bed of the sufferer. From that period commenced



his convalescence; and in a short time he was again at his duty, and on his way over the bosom of the Atlantic;—the discharges from his ears had not entirely ceased though till after his arrival again in the West Indies.

The satisfaction and pleasure of having been instrumental in the salvation of this worthy and highly esteemed individual from an untimely death, is a rich compensation for all the opposition, sneers, and ridicule, the writer has ever encountered on account of being engaged in an unfashionable practice, though we might fill a volume larger than this, with a list of cures effected in a length of time, varying from three or four hours, to as many days. We will however record but one case more, of a person whose name we were at liberty to publish, whenever its publication might appear likely to further the cause of humanity.

This gentleman is Kilburn Bates, Esq. and who in 1835, was a member of the Massachusetts Legislature.—Mr. Bates was a man of strong constitution, and accustomed to an active life, and passed most of his time in the open air. Confinement in the close heated rooms in the city, and frequent exposure to a cold atmosphere without proper precautions, caused a cold which he did not take measures to cure; and after considerable time, he was seized with a violent fever. He was aware that he was just that sort of person which a fever generally destroys, under the usual mode of treatment; and as to the steam practice, he had his misgivings about that.

For many years, Mr. Bates had entertained doubts of the infallibility of the medical faculty, and, as a natural

consequence, would have something to say about the Botanic system of practice. Mrs. Bates knew his views on the subject, and her last injunction when he left home, in the solicitude of conjugal tenderness and anxiety, was, "*Don't go near a steam doctor.*" However, *maugre* the anxious caution of his "better half," he finally determined to try the experiment, and accordingly came to the Infirmary. On his arrival, he had apparently, as much fever as any person we had ever seen. It was with much difficulty he could walk across the room—and he said, "*Don't kill me!*" After some conversation, and some mutual inquiries, his case was taken in hand.

The first object I wished to accomplish was to open the pores. For this purpose, the vapor bath is sometimes indispensably necessary; though, at other times, it will answer a very good purpose to wash the surface with a weak solution of pearlsh and water, and put in bed with a hot stone at the feet. As soon as the bath was ready, he was put into it; and some warm medicine was given him as soon as the pores of the skin began to relax sufficiently to produce perspiration. As the temperature of the bath increased, more warming medicine was administered, till his teeth began to chatter; cold chills ran through the whole system, and his flesh, on the surface, became as cold as the clods of the valley. At this stage of the process, many persons who are unacquainted with the Thomsonian theory and medicines, become terrified, and conclude that cayenne and lobelia are indeed poisonous.

Persons of this description can scarcely form a conception of the possibility that persons should become cold,

while in a steam bath, and swallowing hot medicines, unless there be poison in the case. They will reason precisely as the disciples of Esculapius, in the logic of modern medical science. The patient, say they, has a *fever*—fever is *heat*—he takes nothing but hot medicines, and has been in a hot bath; and for all that, he has become *cold*! The patient certainly is dying!—Oh! the horrid effects of lobelia, cayenne, and steam!

A little patience, and we may dispel your fears. The above is precisely the result the Thomsonian earnestly wishes to witness. To him, it is ominous of good, and the harbinger of a successful and salutary issue.

Cold was the *cause*, which, by its peculiar action, in obedience to scientific laws, had contracted the skin, and closed the pores. The heat generated in the body, was obstructed in its passage, and stopped on the surface.—Nature aroused herself, and gave an increased velocity to the circulation, in order to remove the obstruction, or to overcome it. The increased action in the circulating fluid increased the friction, and raised the heat, and helped to make the fever more visible. And, in that case, what was to be done? Cure the cold, of course—And how was this to be effected? Why, supply the loss of heat, remove the obstructions, and the man is well. And now let us take another look at our patient; whom a few moments ago, we left *shivering* with *cold* in a *steam bath*.

Mr. Bates still continued to feel the cold chills, though by this time, both the cold and the fever had left the surface. As soon as he had become thoroughly warm, he was placed in bed. He then took lobelia, with nerving,

canker and warming medicines combined, which effectually removed the obstructions, and in about four hours he was relieved. The cold was cured, the effects ceased, and the patient was well. To render the cure certain, he afterwards went through two courses of medicine. He then purchased one of Doct. Thomson's books, for twenty dollars, and a stock of medicine, and returned to his home.

In the autumn of the same year, I had the pleasure to meet Mr. Bates again. On being asked if his book had proved of any service to him, he replied—"Yes—It has been worth, to me, five times the cost of it, already."—And then he went on to enumerate the cures he had effected, with the book in one hand, and the medicine in the other.

It is presumed that what has already been said on the general subject of Fever, will be considered sufficient in this place. It should convince any one of the rationality of the Botanic Practice; but should it fail to do so, the doubter is advised to call at some Botanic Infirmary, and examine the subject where he can have ocular demonstration.

### CANKER RASH, SCARLET FEVER, THROAT AIL, PUTRID SORE THROAT, &c. &c.

THE above names are applicable to complaints, all of which are about one and the same thing, with some slight variation in the symptoms; and which is one of the most general and fatal complaints which has visited the country for many years.

A great many of the ablest physicians, and the most experienced, have acknowledged that they knew not what to do for this complaint. They have even said they did not know but it was about as well to attempt to do nothing, and let it have its course. Even the "Boston Medical and Surgical Journal," the mouth-piece of the craft, in New England, says something must be done to enable the faculty to control it with more certainty; and recommends the reports of unfavorable cases, with the mode of treatment. One would think, however, that if the object be to control the disease, it would be better to report cures than deaths.

We have had much to do with this complaint, and have found that the Botanic practice would cure, without fail, when properly managed. We have never lost a patient with the complaint. One reason, it is believed, why the faculty are so unsuccessful in its treatment, is, because they almost invariably give physic. In most cases we have known, in which persons have died of this disease, or of the effects of it, death has been occasioned by mortification of the bowels. It is the natural effect of the disorder to produce putridity in the system, and which is plainly perceptible when the patient has been thrown into a state of perspiration, even on the first attack. Giving physic, carries this putridity to the bowels, and produces the mortification which ends in death.

In all complaints of a putrid character, it is of the utmost importance to keep the patient in a natural perspiration; for unless this be done, it will be found impossible to keep up the natural action of the system from the cen-

tre to the surface. If this be not done, and the putrid matter be suffered to collect, and to remain in the system, the patient will as certainly die, as he would from the action of the most virulent poison.

We knew one person who died of mortification, who but one hour previously, was thought to be on the recovery. It was supposed that the disease had had its run, and left the system; when, in fact, from the want of more diffusive stimulants to throw it to the surface, it had located itself in the bowels; and the patient was warned of his hopeless condition, only by the stroke of death!

Thus was a valuable citizen, a beloved and affectionate husband, and a kind parent, sacrificed to medical ignorance of his complaint and the proper mode of treatment!

We have never known this complaint prove fatal, when the patient was kept in a state of perspiration, the action kept up from the centre to the surface, and the system kept clear by the use of emetics and injections.

It has been our general practice to keep the patient slightly nauseated by means of Lobelia, till he was considered to be out of danger; and in cases in which the bowels were affected, to cause him occasionally to vomit.—Injections composed of Composition Hot Drops and Lobelia, have been given hourly, until the disease gave way; which, in some cases if not taken in hand in proper time, has required from two to three days. One thing should always be borne in mind:—That it will not answer to wait to see if the patient will get along without medicine, as even the delay of but one hour may sometimes prove fatal. Be prompt—use medicine you are certain will do no harm.

Be certain also to give it often enough, and in sufficient quantities; and by no means omit the injections. Another thing is also of much importance. Be cautious not to expose the patient to the liability to take cold, till at least a week after the disease shall have disappeared.

A young man was violently attacked with this complaint, and the attempt to throw it off, was crowned with success;—He appeared to be well in the course of a week.—He was out for three or four days afterwards; but during that time he was unfortunately drenched in a shower of rain, and the complaint returned upon him with renewed and increased violence. He was brought to the Infirmary, and in three or four days became again quite comfortable, though his throat continued to be somewhat sore and swollen. He had worn large whiskers; and they proving somewhat inconvenient at times when he bathed his throat, he shaved them off. The result of this operation was a second cold, and relapse; and for nine days, it was thought that he must have a suppuration on his neck; but it was finally prevented by local steaming, poultices, and the use of means to keep the system free from obstructions.

One case more—it was that of a young lady who was attacked with the complaint, who was somewhat acquainted with the Botanic Practice. Her friends with whom she was on a visit, knew nothing of the practice however, and were somewhat loth to call a physician of that order. Having some of the Composition Powders, she took them, and the operation was favorable. Still they were insufficient to meet the exigencies of the case—the lady grew worse, the family became alarmed, and the writer was

sent for; but being from home, did not see the patient till some time had elapsed; that is, from the morning till the afternoon.

By this time the patient spoke with great difficulty, the bowels were much distended and constipated. The case appeared to be a desperate one, and almost beyond the reach of medicine and of hope. At her request, however, operations were commenced, on the Thomsonian system.

The greatest danger was thought to exist in the state of the bowels; and there was great cause to fear that mortification had already commenced in that region. Consequently, injections were immediately resorted to, and which operated well. They were continued, with short intervals, for several days. The next thing desirable was, to produce perspiration; and there being no vapor bath at hand, stones of about the size of a two quart measure were heated, and then immersed in hot water till they had ceased to hiss, and wrapped, first, in a wet cloth, and that covered with a dry one. They were first placed at the feet of the patient, and then one or two in other parts of the bed. This having been done, emetics were given, and the pores of the skin soon began to relax. A perspiration followed. As soon as she began to perspire, a putrid stench was produced, so perceptible that any one could readily see there was, or had been, danger of mortification. The perspiration was kept up for several days, while we continued to give emetics and other warming medicines. She gradually mended during the process, and which, in one week, removed the complaint.



Many other cases of this disease might be narrated, but it is deemed unnecessary, as the above are amply sufficient to test the salutary nature of our treatment, and to give evidence of its superior efficacy. We have never had a case of this complaint, in which the patient was not more than six years of age, that required more than three days to effect a cure. Older persons generally require a longer time, and cures are effected, usually, in about a week.

### CROUP.

THIS is a complaint which is generally considered very fatal; and well it may be, when we take into view the almost entire failure of the faculty in treating it. In addition to this, if we look at the different theories laid down by medical writers, we shall find them at variance, one recommending a favorite remedy, and another denouncing it in no measured terms. Looking over a few volumes of the "Boston Medical Journal," we find nearly a dozen different treatments laid down and strenuously advocated, some of which we intend to copy in future. We never have found the least difficulty in this disease, where we were called first in the case; and several times have we saved patients after they have been given over and left by the faculty; while in others we have failed.

We will mention two cases which we once had, both, if our memory serves us right, in one week. The first was a child about three years old: It had been attended for three days by three of the most celebrated physicians of Boston, and by them pronounced incurable. Then was a chance for us to try; but we refused, knowing that if the

child should die, it would be said that we killed it. However, the entreaty of the parents prevailed over our determination, and we consented to make a trial.

At this time the child was entirely dead and cold up to the knees, and every breath it drew seemed as if it must be its last. To all appearance the child's breath would be stopped in a few moments by either a contraction, or obstruction [we believe the former] of the passage to the lungs.

The child had taken large quantities of medicine for three days previous, [poisonous of course] which had not produced any operation whatever. Thus we found the child just breathing its last, with the system full of medicine, and no action. We told the parents that we thought we could relieve the child, provided we could cleanse the system of the poison that had been previously given, before that produced death, as it unquestionably must, unless it could be eradicated; as the physicians stated when they left the child, that it must *die*, as they had given medicine enough to *kill a dozen well children*, and it would not operate.

In this situation we commenced with a weak decoction of Cayenne and Lobelia, which are articles powerfully anti-spasmodic, Diaphoretic, Stimulant and Emetic; intending to relax the spasms, produce a perspiration, and excite the action of the system, so that the emetic would throw from the stomach the poison there lying inactive. In less than five minutes after giving the first medicine, the child appeared perfectly relieved of the difficulty in breathing, and no symptoms of croup could be seen.

The parents inclined to believe that the child would recover. But we informed them that the only chance was in the speedy operation of the emetic to throw off the medicine in the stomach, which must otherwise certainly produce death.

In this situation the child was laid in the cradle, a hot brick, that happened to lie in the fire, was immediately wrapped in wet cloths and placed at its feet, which were rubbed in order again to start the circulation, if possible.

The child seemed to fall into a quiet sleep; and after lying about twenty minutes, it began to breathe shorter which increased gradually until it breathed its last, which was in about forty five minutes after I first saw it.

There was not the least struggle or groan, as is generally the case in the croup, but it seemed to sink from exhaustion, occasioned, as we think by the great quantity of medicines previously given.

The other case was precisely like the above, so far as the disease was concerned, except tho child appeared more exhausted, and we should not have made any trial whatever, had it not been that every thing previously given had been immediately thrown from the stomach. This child had been given over twelve hours before; but as there was nothing to contend with except the disease, we commenced the same *os* in the other case, with some hopes of success; and to the great astonishment of all present, we fed the child with our medicine for near an hour before it vomited, when it operated freely—the cure was effected; and the second day following, we carried the child out to ride, the same as though nothing had happened.

Now, we consider the croup as much cured in the first case as the last; but the great difference was, that in the last case, when the child was cured of the croup, it was well; while it will be recollected that the other had medicine enough in the system to kill a dozen well children, besides the effects of the disease.

We believe that ninety nine cases out of every hundred of this complaint, are occasioned in the first instance by a cold, which causes an obstruction or contraction, (we think both in many cases,) of the Trachea or wind pipe; which if suffered to continue any great length of time, will in some cases prove fatal. But, if persons having children exposed to this complaint would but take the precaution to keep the Thomsonian Tincture Emetic in their houses, and make free use of it on the first appearance of the complaint, they would find it almost an infallible remedy.—Should the complaint return, after being once relieved, the same course should be again pursued, as it is perfectly safe and had better be used three times where it is not absolutely necessary, than omitted once where it is.

We will notice two other cases, of recent occurrence. The first was a child about a year old, which was thought to be in a decline. It was attacked with croup; and though the family made use of Thomsonian medicine from the commencement of the disease, they did not do it so effectually as the case required. They finally despaired of a cure, and the writer was called in. The case was a bad one, but was proceeded with as follows:

The tincture of lobelia was first given, and that was followed by the Thomsonian third preparation of lobelia,

and other articles ; which so far relieved the child, that it dropped to sleep. Directions were left with the family for farther proceedings. Next morning, the child seemed free from croup, but sickening under exhaustion ; and in about half an hour breathed its last, without a struggle or a groan.

Here permit us to digress so far as to say, we have never known or heard of a person who made use of the Thomsonian medicines in their last sickness, who did not pass easily out of the world. Not only as a preserver and restorer of health, where recovery is within the reach of medicine, is the Botanic practice the friend of humanity. On the bed of death it interposes its salutary influence, smoothes the dying pillow, ameliorates the pangs of mortality, and enables the devoted victim to glide gently and peacefully to the tomb. Life ebbs away like the silent tide ; or, like the flickering gleam of an exhausted lamp, grows dim and more dim, till its last feeble ray is fled, and its last twinkling spark extinguished. Those throes, and struggles, and horrible convulsions, which, in the trying hour follow the administration of mineral poisons, and harrow up the souls of weeping mourners, are unknown in the Thomsonian practice.— And surely it cannot be considered as a very slight evidence of merit, that where human skill cannot restore health, this practice will at least assuage the sufferings, and banish the torments of the last hours of a mortal existence. But to return—

With the consent of the friends, a *post mortem* examination of the above named child was had. It occurred

about eight hours subsequent to its decease. As we expected, the croup had been broken up, and the patient no doubt died from exhaustion. Not only so, but other diseases were developed in the internal *viscera*, which would have proved fatal, had the patient even survived this attack.

The other case we alluded to was that of a child about four months old. The attack was a severe one. The father having but little faith in physicians, declined to call one; and they gave the child tincture of lobelia, and other Botanic medicines; but were not well enough acquainted with the practice to effect a cure. When they supposed the infant to be dying, we were called in. We found the case a desperate one. The tincture of lobelia, together with *goose oil*, was given as often as the distress returned; and occasionally some pepper tea, or composition powder.

This course relieved the child, but it was found necessary to follow it up for three or four days, before the disease had entirely disappeared. A complete cure was however effected, and the infant remains in good health, to this time.

Vomiting we consider the only certain remedy for this disease. If lobelia, which is the best article, be not at hand, take the next best which can be obtained, if it be nothing more than *chamber ley* and *molasses*.

#### DYSPEPSIA.

Dyspepsia, or Indigestion, is a disease which is, perhaps, as prevalent at the present day, as any one to be found in the entire catalogue of human ills, except dis-

contented minds and empty purses. Yet this is a *new* complaint, it being but a few years comparatively, since it was first known among us; and even now, in many of our back country towns, it is very rare to find a case.— But in cities and towns with a dense population, it is almost as rare to find a person who is not more or less afflicted with it.

This estimate of the proportion of people afflicted with dyspepsia, may be considered by some as being a wild one, but it is believed, by the writer at least, to be substantially correct. Not only so, but it is cause of wonderment with him, that so many can be found, as there are, free from this complaint, provided all follow the fashions of the times. We are not about to write a treatise in defence of the “*Graham System*,” but in treating on the subject of Dyspepsia, cannot suppress the rising thought, that, if all persons were to accustom themselves to plainness, simplicity, and frugality, in their diet, and to air and exercise, few would be troubled with this fashionable and tormenting disease. But people will not be advised against their appetites and habits, and so we must content ourselves by pointing out the way in which they can remove the effects of indulgence. Our limits will not permit us to enter into all the minutæ of diseases, but merely to glance at the causes, and lay down an effectual remedy, for the time being. We can tell how to restore the dyspeptic to health—how to preserve it, will be deferred to another time, or perhaps, to his judgment. If, however, any person wishes to know how to produce Dyspepsia, and to continue it to his heart’s content, the

following rule will be generally found to answer his purpose.

### HOW TO CREATE AND CONTINUE DYSPEPSIA.

1. Drink freely of strong tea or coffee, at least three times a day. 2. Eat freely of highly seasoned animal food three times a day, or twice a day will answer; with butter, or grease enough of some sort, for it to swim in. 3. In the intervals, make use of plenty of *stimuli*, or strong narcotic drinks. 4. Take plenty of wine. 5. Chew or smoke (it would be better to do both) that poisonous narcotic weed called tobacco. 6. Lounge in bed, or on a sofa sixteen hours out of twenty four, and read and write and study twelve or fourteen hours in the day. 7. Be sure you do not walk a mile if you can possibly have a chance to ride, nor pump a pail of water, if you can find a servant to do it for you. If the reader will carefully practice on the foregoing rules and principles, and does not rear up a full grown Dyspepsia, to his entire satisfaction, we will never guess again.

It is believed no one can successfully controvert the position, that the most prolific causes of this troublesome and dangerous complaint, are *improvements* in medicine, *improvements* in cookery, and *improvements* in the quality and quantity of food; together with other things named above. *Improvement* in error—think of that.

From these causes, the digestive organs are affected, and their powers impaired.

The process of digestion is hence interrupted and retarded. As a necessary consequence, obstructions are



formed in the secerning vessels. The nutriment from the food is not taken up, and the system decays. The extremities become cold, like a room when the fire place has been clogged with incombustible materials. All this being true, and it is so, the true philosophical method to cure the complaint, is by removing obstructions from the stomach and connecting vessels, to increase the natural action of the parts, and keep them toned up so as to prevent a relapse. To accomplish this, it is necessary to make a general application, to every part of the machine, calculated to relax it, and cleanse the morbid matter from all parts of the system in which it may have located itself.

The most efficient agents to perform this important office, are the Thomsonian Emetics, with the vapor bath. The latter to relax the skin and to open its pores, and the former to increase the action in every part of the system, and to discharge the morbid matter through the pores; at least whatever portion of it may be collected near the surface. At the same time, the emetic cleanses the stomach, and the whole internal viscera of the system.

Particular care should be taken to clear the bowels and increase the action, by stimulating injections.

The above mode of treatment constitutes what we have heretofore alluded to as a course of medicine; and which will be more fully described in another part of this work. Some persons may be reluctant to take the trouble to go through this operation: but to such we say, try something else first, if you choose. It may possibly answer the purpose and accomplish the object. But should that fail, you can try this; and then you will be qualified to judge of its efficacy from experience.

We have known many cures of Dyspepsia to be effected by the use of the vegetable antidyspeptic Wine Bitters. Once, on an excursion to the country, the author was informed by a gentleman, of an acquaintance of the latter, who had been afflicted with this complaint for a long time. Before leaving the house, we presented the gentleman with an ounce paper of the Bitters, and requested him to present it to his friend. The request was complied with, and to the utter astonishment of both of them, the bitters effected a cure of the complaint. The cure was certainly a remarkable one, and probably not one case in a hundred would have yielded in a similar manner, and the relief remained permanent.

We have seen a great many cases in which the medicine would act as in the following one. A young man in Boston was very much afflicted with this complaint. We gave it as our opinion that he could not be cured without going through a course of medicine; and that it might require a number. He was afraid of the course, and said he had much rather take medicine for a longer time than to submit to it. He finally commenced with the Bitters. In a few days he called and said he was almost well. But, in a short time afterwards, he called again, and said the Bitters had ceased to produce the effect, and did not act as at first. He then agreed to follow the advice at first given him, and to submit to a course of medicine.— This he did; and the result was a perfect cure. Other cases like this might have required three, six, or even a dozen courses to produce the desired effect. The true principle to be observed is, perseverance; and in this, as

in all other cases of complaints not past cure, a like result will not fail to follow.

### INFLAMMATIONS.

This complaint is occasioned by obstructions in that part of the system in which it locates itself. The real original cause is believed to be the loss of the natural heat and action of the system. It does not confine itself to any particular part, but is always to be found where obstruction exists, with an increased unnatural action — It makes no difference where it may be located, whether in the head, the feet, or any other part; find it where you may, still it is *inflammation*; and what will remove it from one part will also remove it from another. The first and grand object is, to remove the cause—that is, the cold; and the obstruction and its effects must then cease to exist and operate.

In some cases, in which there is considerable heat on the surface, the proper way to proceed is, to equalize the circulation by cold applications to the inflamed parts, and heating the others. Should other means fail, a course of medicine will give relief, and effect a cure, by removing the complaint, if a cure be within the reach of medicine. Of this treatment, viz. a course of medicine, we have already spoken, and deem it unnecessary to make any farther remarks in this place, and proceed to speak of

### CONSUMPTION.

This scourge of our northern and inconstant climate, is a complaint which almost every one pretends to under-

stand—at least so much of it as to assert that there is no cure for what is termed a “*seated consumption*.” We shall however take the liberty to differ from almost every body else in opinion on this important subject, and to shew our reasons.

We may be so ignorant as not to understand what is meant by a “*seated consumption*,” but consider it to imply an ulceration of the lungs. This being true, as we suppose it to be, an ulcer once formed upon the lungs, a “*seated consumption*” follows; and which, it is generally supposed, defies all attempts at cure. We are skeptical as to this doctrine, or rather, believe nothing of it.

Consumption we believe can be cured, or at least arrested in its progress, even after the lungs have become so badly ulcerated as to be nearly one half consumed; and the life of the patient be preserved, until extinguished by old age, or some inenarrable malady. It is believed practicable to convince any person of sound judgment of the correctness of this opinion.

There is, it is true, a great difference in different persons, as respects this complaint. With some it may be constitutional—in other words, they may be born with it in the system, or be very much predisposed to it. In such cases, when the complaint developes itself, it is difficult to combat it with any degree of certainty. Such is the case with the author of this little work. Here permit him so far to digress again, as to request the reader to bear the above statement in mind; that when the author may have fallen a victim to this complaint, and be numbered

with the dead, his own fate may not be converted into a reproach on the system of the medical practice he advocates and follows. By some means, all must die—and we pretend not to conquer that which is invincible. With himself, as with many others, the writer is confident that consumption is an hereditary disease, which may deal the mortal blow at last. It is with the greatest care that he has been enabled, thus far, to preserve himself from it; and should he, ere long, prove less successful than heretofore, and fall by its ravages, it is his earnest desire that the Botanic practice may not suffer by it.

There is another description of persons who fall victims to this disease, without the least natural or constitutional predisposition to it; who, with the least degree of care would never have had the slightest occasion to fear it. Such was the fact with the person whose case we mentioned under the head of colds; and who finally died of this complaint. He was not a person of consumptive habits, and would never have had the disease, but under just such treatment as he received. In his case a cure might have been wrought, had the proper treatment been resorted to before his lungs were *all*, instead of *half*, consumed. Of this we feel confident.

To establish this proposition we give a relation of cases which have served as the ground on which to base our opinion, more than all the writings we have ever examined, and they are not few.

The first case is that of a young woman, wife of a Botanic practitioner. On our first acquaintance with this lady, she enjoyed almost uninterrupted health, except

when afflicted with a cold, which generally affected her lungs. She gave the following relation. When thirteen years of age, she was taken sick, and was finally pronounced to be in a consumption, and past all chance of a recovery. In that stage of the disease she was fortunately attended by a botanic physician. After considerable time he succeeded in making a cure; and her health remained good until March, 1833, about ten years afterwards. She then took a severe cold; but being so situated that she could not conveniently doctor for it, it was neglected, with the expectation that it would wear off, as had been the case many times before. In the month of June following the writer called at her house, and plainly saw that she was neglecting herself, and endangering her health; and so stated to her husband. He was satisfied of the fact, but stated that he could not prevail on her to lie her business by, and take medicine, as she was confident she could get along without it. But she was soon convinced of the contrary.

The conviction that something was necessary to be done came too late. Medicine produced no other effect than merely to give temporary relief; and she gradually continued to fail, until the latter part of November following, when the disease conquered, and launched her into the tomb. One week previous to her decease, the writer visited her by request; and, in all his practice, never did he see a person to all appearance so completely exhausted by disease. Still she appeared cheerful and comfortable, though perfectly satisfied that not the least possible chance remained for her recovery.

After the death of the patient, we made a *post mortem* examination, in order that all might be satisfied that *disease*, and not *medicine*, had destroyed her. The result of that examination satisfied the most incredulous, of her situation; and furnished facts, to which the particular attention of the reader is now solicited. About one third part, or in other words, a large proportion of the right lobe of the lungs was entirely consumed and gone; and the deficiency appeared to have existed for some time; and we concluded from the time she was thirteen years of age. But be that as it might, it was evident from the fact of the great deficiency found to exist, that she must have had a "*seated consumption*" at some former period, which had been stopped in its progress; and, with proper care, she might probably have lived to old age. At this time the entire body of the lungs were one complete mass of corruption—showing conclusively, that medicine, instead of shortening her days, had actually kept her alive and comfortable, until that part of the machine was completely worn out.

Another case was that of a person who had been given up as incurable, but continued along for a considerable length of time. There appeared to be a collection in one of his sides, and his physician finally determined to make an incision between the ribs. The operation was performed; and the result was, the discharge of a great quantity of corrupted matter, which continued for some time; and the patient finally recovered, and retains his health to the present time.

If both these were not cases of "*seated consump-*

tion," then it is frankly confessed we are ignorant of the meaning of the term. Yet we would not be understood to say, these cases were completely cured, in every sense of the word. We only say, the disease was arrested in its progress, and the first named person might have lived to be old, with *propo reare*; and the latter may still do so.

Hundreds of cases of this complaint might be recorded, which would doubtless be interesting to the reader, especially to such as have it in contemplation to enter on the practice of medicine; but it would swell the work far beyond our intended limits. Besides, these pages are not so much intended to make every one a physician, as for the purpose of convincing the reader which is the better way.

The following mode of treatment for this complaint, in accordance with the Thomsonian system, is copied from the works of Horton Howard.

**TREATMENT.**—A radical cure of consumption has so long been considered impossible, that we are fearful of hazarding the imputation of enthusiasts or of dealers in the marvelous, should we assert any thing to the contrary.—But we are constrained to declare our belief, that many cases of this most fatal malady may be cured, in almost any case but the last, by pursuing a judicious course with the use of proper means.

Many cases approaching a consumption may be removed by the use of the expectorant powders, with the bitter tonic or diaphoretic powders, or both. The bitter tonic,\* must be taken three or four times through the day, in tea-

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\*Vegetable Bitter.



spoonful doses; and the expectorant† and diaphoretic powders,‡ in similar doses, at night. The tincture of lobelia, in nauseating (sickening) doses, commonly from half to a whole tea-spoonful is sufficient, or the root of the skunk cabbage in half to whole tea-spoonful doses, in some instances of affections of the lungs, appear to have a better effect than the expectorant powders; and cases which do not seem to be much benefited by one, may perhaps be by another, and, therefore, either may be used at discretion.

But the best way of attacking this formidable disease is with repeated courses of medicine. These should be administered, if an attempt at cure is made in the latter stages, every day, perhaps, for a while, or every other day, until the most urgent symptoms are subdued, when they may be longer neglected according to the circumstances of the case. But the strictest and most unremitting attention must be paid to relapses; and if they occur the patient should immediately submit to a full course of the medicine and steaming, as nothing else will effectually check his downward march to the grave.

The lungs are never completely at rest, but are always in use, day and night, asleep or awake; and are consequently exposed continually to the irritation of their own action and to the influence of the atmosphere, both of which circumstances are known to retard the cure of ulcers situated upon the external parts of the body; and we

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†Cough Powders.

‡Composition Powders.

think it fair to infer that like causes will produce like effects in the lungs. In case of an ulcer upon the arm or leg, these organs can be kept in a state of rest, and poultices or salves may be applied, whereby the healing process will be vastly accelerated; but no such helping means can be applied to the lungs. Medicines can only affect them by restoring a general healthy action to the whole system.

Hence we might very naturally infer, what is an absolute fact, that consumption is a complaint more difficult to cure, as well as more liable to relapse, than almost any other. It therefore requires the strictest measures in its treatment, and the most guarded watchfulness against relapses.

The moment a relapse is discovered, a thorough process of the medicine should be gone into, however averse to it the patient may feel; as the neglect of it might be his destruction, whilst its prompt administration may be the means of prolonging life. And as this disease is more difficult of cure than most others, so relapses are attended with a corresponding danger; and even in curable cases the too long neglect of them will be productive of fatal consequences. No physician ought to attempt the cure of a consumptive case without being so situated as to be able to give his daily personal attention to it.

### DYSENTERY, DIARRHŒ, BOWEL COMPLAINT, &c.

We class these complaints all under one head, as we have universally found that the treatment which was

adapted to one, was equally so to the others. In short, they are about one and the same thing; only the names mark the different stages of the complaint, or its greater or less severity. In nearly all classes of this complaint, the natural action of the system is reversed—that is, instead of the circulation being from the centre to the surface, it is from the surface to the centre. The fluids and nutriment necessary to sustain life, all take a downward direction, and, as a natural consequence, the patient becomes weak and emaciated; and so will remain till the proper natural action of the system shall have been restored.

Many times nature will react and overcome the complaint, and remove it without any material aid; but even then it is of considerable importance to be acquainted with the means to assist nature, and thus prevent that degree of weakness which is otherwise consequent on the disease, even in its milder forms. Whatever will check the unnatural action of the system, that is, whatever will prevent the circulation from the surface to the centre, will be found sufficient to put a stop to the complaint.

In what manner any person can explain the propriety of giving physic in cases of this complaint, which is the general practice of the *regular* physicians, we have yet to learn. That cathartics will, in a few instances among many, hasten the disease forward to a crisis, is readily granted; but, it is also believed that, in all such cases, if let alone, nature would work the cure without the aid of medicine. In all these cases where physic is administered, the action, or rather we would say, the reaction of the

system, it is that produces a favorable result. But if a medicine, or a mode of treatment can be had, that will produce this result without first reducing the system with cathartics, something will be gained on that ground, we should think at least. But another, and far greater gain will be, the prevention of the injuries inflicted by such prescriptions.

We are confident that thousands of lives have been sacrificed by that practice, when, without it, the disease would have resulted favorably. The effect of physic is to diminish the strength, and of course to impair the ability to withstand and overcome the disease. In such a case, the system will be unable to react, nature will be exhausted in the struggle, her efforts to counteract and throw off the disease will be paralyzed, and the patient will fall a victim to its power.

On the other hand, the patient should be plied with remedies that will excite natural action in the first place, without the weakening effects of calomel or any other cathartic; and such medicines will effect a real cure, and do the work speedily and completely. The proper way to do this is to give medicine that will check this drain upon the system at once, if that be the disease; and not tell the patient that he is very sick, and then inform him that he must be reduced still lower before any thing can be done to restore his health. Not tell him that his complaint is very dangerous, but must be made worse before it will answer to cure it. For, by such a rule, should a man sink to his middle in mire, it would be requisite for him to sink down, head and ears, before it would answer to extricate him from his difficulty.

Though various remedies sometimes become necessary in this complaint, yet its treatment should, in all cases, be on one principle. What will have a good effect at one time, may produce no effect at another time. But we have seen but very few cases in which a course of Thomsonian medicine would not give relief in a very short time; and it should always be persisted in, till the system has been entirely cleared of morbid collections.

We had a friend who was afflicted with this complaint for a great length of time. He submitted to the Botanic treatment, and went through several courses of medicine, and tried almost every remedy for the disease that was considered good for it; but all to no purpose, farther than to render him comfortable, and prevent him from becoming worse. At length however, we made another effort to effect a cure as follows. We took the root of the running blackberry, together with wild cherry, and sumach; all green. These were bruised and steeped. About a quart of the liquid was then strained off, to which were added loaf sugar and brandy sufficient to preserve it.—This preparation was given to the patient, and less than one half the above quantity entirely subdued the complaint. All the above named articles had been made use of before in this case, though in a different state. They were collected and *dried* the year previous, and produced no effect.

All articles which possess the property of *tanning*, such as hemlock, red-raspberry leaves, marsh rosemary, bayberry, hardhark, and many others, are useful in these complaints. Injections should by no means be neglected,

as they will strengthen the bowels below the reach of other medicines. These should be composed of the usual dose of composition powder, with a teaspoonful of hot drops, or vegetable elixir. This should be followed after evacuation by one composed of milk porridge or slippery elm gruel. These latter are of the utmost importance with young children laboring under the complaint. We have known many lives saved by them, when neither medicine nor nourishment could be taken in any other manner. The composition powders and the hot drops, either combined or separate, are good remedies, and generally sufficient. The peach meat preparation is the best compound we have ever found for the complaint; but, in severe cases, should be preceded by a course of medicine. Much more might be said on this subject, but the above will be found sufficient for the purpose, which is rather to shew that there are plenty of vegetable remedies to *prevent sickness*, than to make physicians.

### W O R M S.

According to the opinions of many, worms are very troublesome creatures; but with the Thomsonian theory and practice, they are so insignificant as to be scarcely worthy of notice. The theory we believe to be correct is, that the collection of *phlegm* and not the *worms*, is the cause of the difficulty or disease—that the worms are bred and nourished by the phlegm—and that as soon as the latter is removed from the stomach by the emetic, the difficulty will vanish. In these cases, the emetic should be given repeatedly till the symptoms subside.

In cases in which the bowels are costive, the butternut syrup should be given; and injections occasionally administered of the usual description; which will be found serviceable. Should the patient be troubled with the *tape worm*, or the small white worm, [*the latter locates itself in the lower parts of the bowels near the anus*] the cure will be more tardy. The latter case will however be cured in a short time, by giving courses of medicine to cleanse the system by removing the morbid matter, and occasionally using injections of salt and water. As to the *tape worm*, we have doubts of there being any certain remedies, except such as are dangerous. Such cases are however rare, and probably would be more so, were cases of disease in general properly treated. Several cases of this description are said to have been cured by the Thomsonian practice, in persons we have known. That is to say; *they* thought they had been troubled with the *tape worm*, and had been cured. Of the facts we know nothing, and therefore say nothing. But it is believed that the practice we advocate will, even in such cases, do all that can be done with safety; and we would caution every one to avoid taking or giving poisons to kill the worm, because it can never be done without danger to the patient, more to be dreaded than even the worm itself.

As to the *stomach worm*, as at first stated, it is very easily managed; and when these little rascals are kept out of the way, we have known but very little trouble with any others. The remedies mentioned for these are simple, safe, and efficacious; and if persons suffer them to

spread havoc in the system, it is the consequence of ignorance, prejudice, or neglect.

## C O U G H.

A cough we do not consider as a disease, but as merely the fruit of one. For this reason Thomsonians have nothing to do with doctoring the *cough*, but simply and philosophically look for the cause, and make its removal the object to be accomplished. It is a very common remark, and one frequently made by physicians, that the cough must be stopped ; as if that were all that is necessary to restore health. But, to stop a cough, without first having removed the cause, would be like stopping the pumps on ship-board, without having stopped the leak. The cough is as necessary to free the stomach or lungs from morbid matter constantly collecting there in such cases, as the operation of the pumps to keep the ship from sinking. It is an effort of nature to throw off the cause of disease.

When a cough proceeds from a collection of *mucus* or *pus* in the stomach or lungs, the mass should be immediately removed by resort to a course of medicine. Sometimes it may proceed from irritation—then it may be removed by quieting and soothing medicine—such as syrup, the nerve powder, and occasionally one, two, or three of the emetic pills, with the composition powders on going to bed. Should these prove insufficient, a course of medicine will clear the system, so that these remedies will take effect, and relief will be obtained.



## BURNS AND SCALDS.

There are few accidents that occur, which strike people with greater dread than burns and scalds. Yet there is no wound which can be more speedily healed when properly treated. Our experience on this subject commenced with our practice; and that practice in such cases has ever been crowned with success.

Soon after our having become an inmate in the Infirmary of Doctor Thomson, a man came to him from a neighboring town—a man of large property, but unfortunately of intemperate habits. When he came, which was at night, he was far from sober, and by next morning he had as it is sometimes said, “*grown no better very fast* ;” and which was the natural consequence of his having a pint of *ardents* in his trunk, which he brought with him as a travelling companion. He however went through a course of medicine, as Doctor Thomson said we might *steam* the *rum* out of him.

The more he was steamed the more crazy he became; and at length he was taken in a sort of fit. He was soon brought out of the fit by the use of cold water, and was put into bed. The waiter wrapped a hot stone in a wet cloth, and placed it at his feet. He soon became rational, and apparently as capable of feeling as any other person. He took his medicine as directed, and which operated well. At the time he said nothing of his feet, and of course nothing was thought about them. But after about four hours he remarked that they felt sore; and on examination, it was found that he had held them in contact with the stone, which was hotter than usual, until they

had been badly burned or scalded by the steam. The effect was such as to raise blisters so large, and to scald or burn so deeply, that next morning the skin was cut with scissors around two of the toes on one foot, and one on the other; and which when removed took the nail with it. The ball of one foot was covered with a blister, and the other foot was burned in several places.

This would have been called rather a bad case by almost any person; and so it really was. Yet the patient lost not a night's sleep in consequence of it; nor was he confined to his room; and in twenty one days he put on his boots and went home, as though nothing had happened to him. Not only so—but during his stay at the Infirmary he walked up two flights of stairs every night. In the end he was made a well and temperate man. He lost all relish for ardent spirits, which he attributed to the accident; and which he said he valued more highly than he did all his property.

The treatment pursued in this case was, to wrap the feet in cloths wet with cold water, and administer warming medicine, such as the composition and cayenne teas, sufficient to keep up a perspiration. By pursuing this course for about twelve hours, the pain and soreness entirely subsided. After that, the parts affected were kept moist with poultices made of slippery elm, powdered crackers, and ginger, until perfectly healed.

Another process we have seen attended with success is, to cover the parts affected with dry flour, and continue to apply more as often as there is sufficient moisture to cause it to adhere.

The principle things to be observed, are to exclude air from the parts affected, and to keep them cool, and the system warm, till pain and smarting shall have ceased.—Care must then be taken to prevent the canker by the use of canker medicines, and all will be well in a short time. There is no danger to be apprehended from cold applications, so long as the system is kept in proper action by warming and stimulating agents.

### A S T H M A.

This complaint will almost invariably yield to the common courses of medicine; though perhaps in some cases it may require several, in quick succession—may be daily—till relief be given. When a course cannot be taken in full, the lobelia or the Thomsonian tincture emetic should be freely used, either in large or small quantities, as the greater or less violence of the case may require. We have known several who kept the tincture emetic constantly on hand, and took it on the first symptoms of a return of the complaint, and thereby prevented attacks. One thing we are fully confident may be depended on—if the Thomsonian mode of treating this complaint, on thorough trial, will not give relief, the case may well be considered hopeless.

### F I T S.

These originate in various causes. In young children they are generally occasioned by a foul stomach, the result of indigestion; and by worms. In such cases, all that is necessary is to administer an injection of the composition powders, and to give a dose of tincture emetic suffic-

ient to cause vomiting. By this process a cure will be effected.

In other cases, fits appear to be constitutional. In such case, the only effectual means of cure is oft repeated courses of medicine, and a free use of the Nervine in the intervals. In long standing cases however, a cure is always uncertain, though we have known several such cured, when others apparently not so bad, admitted at best of but a mere temporary relief. The following prescription sometimes produces very salutary effects—

Take 2 ounces of valerian, 2 ounces of skunk cabbage, 2 ounces of hops, and 2 ounces of ginger—infuse the whole in a quart of Malaga wine. For a dose, take a wine glass full, three times a day.

### INTERNAL BLEEDING.

Under the treatment of the faculty, this is a very serious complaint; especially when the discharges proceed from the lungs.

Internal bleeding is usually occasioned in the following manner. A person takes cold, which causes a collection of morbid matter, and which creates an obstruction in the weakest part of the system. This obstruction produces an irritation or inflammation, which results in canker. In its progress, the canker preys upon the smaller blood vessels, and makes openings in them. These openings become internal outlets for the blood; and the circulation being impeded at the extremities by cold, the blood of course presses towards these outlets, and through them a portion of it finds its way. Through these orifices it will

continue to flow, until checked either by an effort of nature, or by artificial means.

In order to check the internal pressure of the blood to the parts diseased, the physician applies the lancet to the arm. In other words, to use a homely comparison, he conducts just like the man who, having discovered a leak on one side of his pond, instead of stopping it to prevent the loss of water, opens a larger outlet on the opposite side to divert the current; and thus between them both drains his pond.

Thus, the physician, in this complaint, usually doctors the effect instead of the cause. Internal bleeding is generally productive of weakness and prostration of the system; and the physician proceeds to let blood from the arm, which reduces to a state of more extreme weakness. the sufferer already on the very margin of the grave; and many times no doubt hastens him into it. The Thomsonian maxim in this case, as in all others is, "*remove the cause and the effects will cease.*" Close up the internal orifices, and the bleeding will cease of itself.

To effect this, perspiration should be immediately induced by warming medicines, such as the composition powders, and herb drinks. This will have the effect to extend the circulation to the extremities, and thereby the pressure of the blood to the weak and diseased parts will be relieved. Then by giving the emetic to throw off the morbid matter, you will cleanse the system. Then follow immediately with the medicine for canker, and you will heal up the internal orifices which disease has caused in

the blood vessels. The reader need not be told that internal bleeding must then cease. The simple reason is, a cure of the complaint will have been effected by the removal of the cause which had produced it ; and that too without blood letting.

We have seen and had many cases of this complaint, and have never known an instance in which the bleeding did not cease after the patient had been thrown into a state of perspiration, and taken the emetic; nor in which the canker medicine would not prevent its recurrence—provided that, subsequently, the patient kept clear of a cold.

Several cases might here be given in illustration and proof of what has been advanced on this subject, but our limits will not permit us to be thus minute. In bad cases, a course of medicine should first be given, and followed with canker medicine; and a free perspiration should be kept up till the patient is out of danger. And the same treatment should be repeated should occasion require.—This process is simple and efficacious, and equally safe ; and it can require no argument to satisfy the intelligent and unprejudiced reader, that it must be far more consistent with natural laws, and far more congenial to the human constitution, than to drain the fountain of life by means of the lancet.

### COLIC.

According to the theory of popular medical science, there is a variety of complaints under this head. We are well satisfied however that they are most, if not all, the result of cold or diminished action, which gives birth to a great many other diseases as well as the colic.

A course of medicine is the most sovereign remedy for this complaint; to be repeated, if necessary, being careful not to omit the injections, of which several should be administered, should the attack be severe. Sometimes one composed of equal parts of chamber-ley, hog's-lard, and molasses, will be found highly beneficial. Perseverance must be the watchword in this complaint in particular, as it *should* be in all others. Whatever is done must be done promptly and effectually, or the consequences will be likely to prove fatal.

### C R A M P.

Cramps are occasioned by cold, which contracts the cords. The true scientific method of cure, is the application of remedies to produce heat, and counteract the effects of cold, or rather to overcome and remove it. This will relax the cords and remove the cramp. For this purpose, resort should be had to the vapor bath; also bathing the feet with hot water, and rubbing them with hot drops. Should this process fail to remove the difficulty, the patient should submit to a course of medicine, until the system has been cleared of obstructions—This will complete a cure.

### ABCESS, BOILS, &c.

These are the result of obstructed perspiration, which prevents nature from throwing off the morbid matter in accordance with her general laws. Of course, if the usual avenues for the evacuation of this matter be closed, it must either be ejected in some other way, or produce disease. Abscess, and Boils, constitute one of the means

which nature has adopted to effect the object of evacuation and prevent sickness. As a general rule, we think it best not to do much for the parts affected, but to take measures to cleanse the system by assisting nature to open the natural avenues, and throw off the morbid matter.

To do this, we recommend a course of medicine; and if the tumor be not too far advanced before this is applied, you will be certain to affect your purpose by means of perspiration, and prevent suppuration.

While we were with Doctor Thomson, his nurse had a felon on one of her fingers. She had frequently been afflicted with these troublesome things, sometimes for weeks. At the time we speak of, when the felon had become extremely painful, she determined to make trial of a course of medicine. She did so—and it entirely relieved her from pain, for the time. The pain soon returned, and she made trial of a second course with a similar result. But a third course of medicine relieved her effectually; and, from that time the felon pained her no more. Before she commenced with the medicine, the felon had so far advanced, that, after the pain had subsided, the skin and nail of the finger came off; yet notwithstanding this, a suppuration did not take place: The only external application to the finger, was a poultice composed of slippery elm, pounded cracker, and ginger, in equal parts.

Poultices, in these cases, should always be applied *cold*, and warming medicines given internally at the same time.

When the pain is not severe, and there is considerable inflammation, a dose of Composition Powder, and the poultice described above, will be found sufficient. In slight cases, it is unnecessary to do any thing.



## BLOODY URINE.

This complaint is usually caused by sprains, which occasion weakness in the urinary organs, and the location of canker in those parts. It can, in most cases, be cured by diuretic and canker teas, combined. But, if the patient has taken a cold which has fixed itself on the parts affected, a course of medicine will be found necessary, to remove the cold and its effects, before the above-named remedies will become effective.

## AGUE AND FEVER.

This curso of low, swampy, and marshy countries, is supposed to owe its origin to a vitiated and noxious atmosphere; rendered so by unhealthy exhalations from decayed vegetable matter, and the dense fogs, and sudden changes in temperature, which generally prevail in such situations. Ague and Fever, however, sometimes continue, even after the patient has withdrawn himself from these influences; and are sometimes, though rarely, known to be generated even in places of a different aspect from those spoken of above.

Courses of medicine are the only certain remedy we know of, for this complaint. We have seen a case of *six months* standing, cured with one course, in about *four hours*. Yet other cases of shorter standing, have required several courses. But we have never known the treatment fail to cure, when persevered in with energy.

## BRUISES.

In severe cases of this character, the doctors say they

must use the lancet, to prevent the blood from settling;—but the Thomsonian has a better remedy at hand than bleeding, to keep the crimson current of life in circulation. He gives, immediately, some species of hot stimulating drink; such as Hot Drops, Composition Powders, or Cayenne Pepper tea, in sufficient quantity to excite perspiration. The vapor bath is also an excellent application, when circumstances will admit of it. Apply friction also, to the bruised parts, and no danger need be apprehended from the blood.

### COSTIVENESS.

The usual origin of costiveness, is the inaction of the organs of the stomach and intestines. It should be treated the same as dyspepsia. Much may be done to alleviate, perhaps to remove, this complaint, by dieting. The use of plain coarse food is best. No greasy food of any description should be taken into the stomach; and perhaps the nearer the patient approaches the '*Graham System*' in his diet, the better, provided it do not reduce him too much. Cathartics should be avoided as far as possible, and, when necessary, injections substituted for them.

### CANCERS.

These should be treated very much on the same principle as Abscess; and if taken in time, will generally yield to the same mode of treatment. Many times, frequent cold showers applied to the parts affected, will answer the purpose. Sometimes, caustic potash will be found necessary; but it should never be applied, if its use can possibly be dispensed with.

## D E A F N E S S.

Deafness proceeds from a variety of causes. Sometimes it is produced by old age, sometimes by cold, and at other times by loud and jarring sounds. When the complaint originates in old age, there is no cure for it that we know of; but when in a cold, it may generally be relieved.

There was a lady in Boston who had been very deaf for several years, who commenced taking courses of Thomsonian medicine, and was effectually relieved by them, except the liability to a return of the complaint on taking cold. A course of medicine never failed to relieve her from these attacks. The best mode of treatment is, full courses, after having applied some soft animal oil to the ear. If the case be curable, an improvement is soon perceptible.

## D R O P S Y.

This disease locates itself in various parts of the body, and is always attended with considerable uncertainty as to its final result. It is our belief that it may be cured by means of daily courses of medicine, or by courses given every other day, with diuretic medicine in the intervals, when it is not incurable.

When located in the cavity of the body, there is little chance for relief, except by what is usually called *tapping*; and that relief is merely temporary.

As diuretics, useful in this complaint, may be classed the following, viz.—parsley, burdock (seeds), wandering milkweed (root), bittersweet (bark of the root), man's-root, squawweed, queen of the meadow, celandine, juni-

per (berries), and a great many other articles possessing similar medicinal properties.

### HYDROPHOBIA.

Hydrophobia has, from its first origin, generally been considered incurable, until met by the all powerful virtues of American vegetables, as compounded by Doctor Thomson. To the compounds thus prepared, even this horrible disease has yielded; and there are strong reasons to believe that the third preparation of lobelia, as laid down by him, when combined with a judicious use of the vapor bath, will yet be found a sovereign remedy against it.

In these cases there must be no mixture of one practice with another. Steady perseverance in the pure principles and practice of Thomsonianism must be the watchword. At the same time let it be borne in mind, that this course will never *kill*, if it does not *cure*; and that the complaint will inevitably prove fatal, unless arrested in its progress.

### FAINTING.

Various causes produce fainting; such as grief, joy, fear, or sudden and violent emotions of the mind; and frequently in females, by tight lacing, which checks the natural circulation of the fluids of the body.

To sprinkle the face frequently with cold water, and apply camphor or *sal volatile* to the nose, will generally prove sufficient; but care should be taken to loosen the clothes, in all cases. But, should these means fail, a teaspoonful of hot drops should be put into the mouth, and the head laid back so as to have the drops come in con-

tact with the glands. If this should fail to effect a recovery, give the tincture emetic, and administer a stimulating injection. These we have always found to produce an instantaneous action.

### FRESH WOUNDS.

They should be immediately washed with cold water. Should the effusion of blood be troublesome or dangerous, elevate the wounded part above the other parts of the body, and keep it wet with cold water. The bleeding will soon cease. It should then be wrapped up, and kept wet with the hot drops; and unless it should prove painful, it should not be opened again till healed. Should the wound become troublesome in consequence of cold, or other causes, let it be treated according to the method laid down for ulcers, sores, &c.

### G R A V E L.

For this disease we cannot with any great degree of certainty prescribe a mode of cure. And as we are not engaged in writing a work to make physicians, and thinking this a disease the treatment of which requires experience, we shall have but little to say on it. We have never known the general Thomsonian mode of treatment fail to give relief in these cases, when combined with a free use of diuretics. These we would advise every one afflicted with the disease to make trial of, unless so situated that they can have the aid of an experienced botanic practitioner.

### SORE EYES.

These are occasioned by colds, which cause inflammations. A course of medicine, and the vapor bath, or a

sweat in bed, should be immediately resorted to. Meantime keep the eyes wet with cold water by means of damp cloths; being careful to exchange the cloths as often as they become warm. Should there be a general weakness of the eyes, attended with some soreness, a wash may be used, made of the root of the white pond lily, and the leaves of the red raspberry, with the addition of a very small quantity of the hot drops. Generally this will effect a cure in a short time.

### LOCKED JAW.

This alarming disease should be treated with the third preparation of lobelia. Pour it in at the side of the mouth, between the cheek and the teeth, till it reaches the glands. This remedy was *never known to fail of giving immediate relief*. The knowledge of this remedy only, for this one malady which has destroyed thousands, is of more value than the cost of all the medical works ever published.

### MEASLES.

In this complaint, doses of the composition powders should be given frequently; and if the bowels are costive, the same medicine should be administered in the form of injections. Should these prove insufficient, give the tincture emetic—and a full course of medicine when necessary; which we have never known to fail to give relief. Under the Thomsonian mode of treatment, *we have never known a death occasioned by measles*. More on this subject is unnecessary. See Small Pox.

## MORTIFICATION.

“Remove the cause, and the effect must cease.”—Our readers will have the goodness to keep this maxim in view, as the great polar star of all medical investigation and practice. If mortification occur in consequence of a stagnation of the fluids, or, in other words, from the want of circulation—quicken the sluggish current by a free use of warm medicine, or pepper tea. Whether a mortification be merely apprehended, or has already commenced, the above is the proper treatment. The hot medicines are a great preventative, and should be used freely; either by taking them into the stomach or as injections, or applying them externally; as the nature of the case may demand.

## P I L E S.

This complaint is often difficult to cure, unless the cause be understood. It may proceed from humors in the system. In that case courses of medicine should be taken occasionally, and the vapor bath frequently; until the system shall have been thoroughly cleansed.

When the complaint is occasioned by canker in the bowels, it may be cured by using injections composed as follows—Half a tea-spoonful of the pulverised bark of slippery elm, infused in a tea-cup full of coffee, or tea made of any article good for canker.

## R H E U M A T I S M.

Rheumatism is the result of repeated colds, combined perhaps with hard labor or high living. We think few persons will be at a loss to know how to treat rheumatism

after what has before been said of cold, which is its cause. However, we will state one case which occurred a few years since, in order to show that perseverance is necessary in this, as well as in many other complaints. The person of whom we speak was about 60 years of age; and had been obliged to relinquish his attention to business for about a year. When he applied to us for assistance, he could barely walk across the room, and even that, with extreme difficulty. His hands and fingers had become so stiff, that he was deprived of their use.

The nearest his thumb and fore finger, on one hand, could be brought together, was three and a quarter inches from each other. And with those on the other hand there was but a trifling difference. He had given up all expectation of being again able to labor, and had sold his farm with the intention of breaking up housekeeping. Having heard something of the practice of the writer, he came immediately for advice and assistance.

He was told it would probably require a long time to effect a cure, but that, if he would appropriate a year to the object, we would try; asking no other compensation than what services he might be able to render in that time. He closed with the offer, and the treatment of his case was commenced forthwith.

The first operation was to administer several courses of medicine in quick succession; using the pepper sauce and the hot drops to bathe nearly his whole person, as also the nerve ointment to soften and relax the cords. By following this method, his limbs gradually became more flexible; and the pain subsided. In about two months



from the commencement of this course of treatment, he had so far recovered as to be able to perform considerable labor about the house. He continued to take courses of medicine occasionally, for about three months more; at the expiration of which time he had been completely relieved.

This gentleman remained in the Infirmary nine months from the time he entered it; and then, by agreement, left it, returned to the country, purchased another farm, and remains to this time free from his former complaint.— This case occurred several years since.

Had the above named person been engaged in business at the time, and anxious to give his personal attention to it, he would probably have left the Infirmary when partially relieved—say after the first two months—and might, like many others under similar circumstances, have remained a cripple to this day. In inflammatory cases, the same mode of treatment should be pursued, with the following variation:—Apply cold cloths to the parts inflamed, and raise the temperature of the other parts, until an equalization shall have been accomplished. If, in a year you are unable to effect a cure by the process above described, you may as well consider the case incurable.

## H U M O R S.

Under this head, we class all the numerous cutaneous eruptions known by various appellations, and in many instances so intimately combined, as to make it altogether impossible to classify them distinctly, with any degree of certainty. With the course we pursue, however, and

which is believed to be strictly Thomsonian, it matters not to what distinct class a humor may belong, since all are treated on similar principles.

All humors, we believe to be created by a watery fluid which circulates in the body—at least in a great measure; which fluid, when separated from the blood, and driven to the surface, produces those small blisters, which almost invariably follow complaints in which cutaneous eruptions make their appearance. When such is the case, the best remedy within our knowledge is, to resort immediately to the vapor bath; which will extract this watery fluid, and prevent it from becoming troublesome; as it usually does. But the water will seldom be separated without the use of medicine. For the accomplishment of this object, courses of medicine should be taken; though there are many articles distinct from these, good for the purpose, which will hereafter be described in their proper places.

The plan usually pursued by the *regular* physicians, in cases of this nature, is, to apply some poisonous preparation, as they say, to kill the humor, and administer emetics and purging medicines, to cleanse the blood.—We consider this a dangerous method, as the poison applied to kill the humor, will many times be absorbed—taken up by the circulation—and afterwards locate itself in some part of the system, or be distributed through it.—If located on the lungs, it produces consumption—if on the brain, delirium—if on the kidneys, stranguary—if on any other part, other diseases equally fatal. We have no doubt that thousands of lives have thus been destroyed by means of poison, without the true cause having even been suspected..

## SMALL POX.

As far as treatment is concerned, this disease might well be elassed with measles; and both spoken of under the head of *Humors*; but as it is generally considered as being more dangerous, we purpose to say a few words on the subject of small pox, which will be equally applicable to measles. Some may inquire if this also is caused by cold and obstruction, seeing we make these the generat-ing causes of such a variety of complaints; but we answer, no, not strictly speaking; though cold doubtless renders small pox and measles dangerous; for we venture to assert, that when the system is kept at its proper tempera-ture, and free from obstructions, the disease will always have a favorable termination.

But a few years have elapsed, since it was a rare oc-currence that a person died of measles. Even now, in many of the interior country towns, cases of measles are managed almost entirely by old ladies, and they never lose patients of whom they have the sole care. Very different is the case now, in our cities and populous towns especially, where a doctor is usually ealled in on the slightest appearance of disease. Not two years since, in the city of Boston, there were about thirty deaths per week, of patients laboring under this complaint, for several weeks in succession. At the same time it is believed that the botanic physicians lost none. Neither they nor those who depended on Thomsonian medicine lost any, to our knowledge, and we have conversed with most of the bo-tanic practitioners on the subject, as well as with several of the families which had the disease.

So far as we have become acquainted with the small pox, and we have had considerable experience in it, it is among the diseases most easily managed. The only thing necessary, is to keep the determining power to the surface. Do this, and all will be well, and the person will be almost certain to enjoy perfect health afterwards. The Thomsonian treatment is admirably calculated to accomplish this end. With this, as with fevers, our plan of treatment is opposite to that of the faculty; and ours being universally successful, no wonder they lose so many patients, as heat and cold cannot produce the same effect in the human system. To illustrate this subject, and to exhibit our plan of treatment, permit us to narrate a case: A young gentleman being somewhat unwell, it was supposed he had taken cold. Being with a family who had adopted the Thomsonian principles, they advised him to take the composition powders; but he preferred to take the pepper tea, which possibly answered nearly as good a purpose. Soon there appeared a redness on the surface—the family were alarmed—and one of the oldest physicians in the city was called, to name the complaint. This was in the evening; and the physician could not then decide what name to give it. Next morning he called, and pronounced the disease to be *scarlet fever*. He was then informed that they had sent for a Thomsonian physician, and did not require his services. He replied—"Very well—but you must not give hot medicine—if you do it will prove FATAL!" Notwithstanding this solemn caution, we ventured to dissent from the opinion of the learned M.D. and adopted the following plan of treatment, which

soon conquered the disease; which proved a case of SMALL POX, instead of Scarletina, and restored the patient to health in a few days—

1. A warm stimulating injection, always to be preferred to physic to move the bowels. 2. An emetic of the tincture of lobelia, with other warming medicines. These had the effect to throw the disease to the surface, where it exhibited its own true character too plainly to make it possible to mistake it for any other. 3. A frequent use of light medicine, such as composition powders, vegetable bitters, and saffron tea. This was all that was necessary.

In such cases much care should be taken to keep the patient free from a chill about the time the disease is coming out, and until the pustules are filled; though it is necessary to keep the room well ventilated, by dropping the top sash of a window a short distance, or having a door open. The face should be kept moist, by laying a cloth upon it, wet with warm water, if the eruption be considerable, to prevent it from being searred. The diet should be light, and the clothes should frequently be changed, and cleanliness by all means strictly attended to.

### C A N K E R.

This is connected with sickness, either in a greater or less degree, come in whatever form it may. Consequently, something applicable to it should be given in all cases. But when Canker appears as the principal disease, it is generally occasioned by internal humors; and should be treated as such. In some cases, it locates itself in the mouth or throat; and preys upon the flesh like a caustic.

This may generally be removed by the use of the Composition Powders. At the same time, chew the slippery elm, and gargle the mouth and throat with a strong decoction of any of the articles prescribed for canker, and occasionally drink tea made of the same. When these prove insufficient, courses of medicine should be resorted to, until the system shall have been freed from obstructions;—continuing, at the same time, the treatment already described.

### CONCLUSION.

We now conclude this part of our work, leaving many complaints unnoticed. Rather, we have left out many *names*, which the *faculty* have affixed to the *same complaints*. However, we believe we have described a sufficient variety, to enable any candid and intelligent person to decide whether he would prefer to submit to the Thomsonian treatment, in case of sickness, or to continue to be scientifically poisoned.

As our principal object in offering this little book to the public, is to convince those who may give it a perusal, that the practice we contend for is what medical practice should be—far more consistent with nature, and congenial to the human constitution, than any other, we trust sufficient has been said on the subjects alluded to in the foregoing pages.

We have not availed ourselves of the labors of any former writers except in two or three instances. We preferred to tell our own simple tale, in our own simple way; deduced, as it has been, from the experience and observation of a series of years devoted to the practice—A prac-

tice strictly based on the system of Thomson, as far as we understand it.

According to the theory we started with, it will be seen by carefully examining the modes of treatment we recommend for various diseases, that they vary but little, being nearly the same in all cases. Hence, the mere name matters but little, provided those who administer the medicine have sufficient judgment to vary in the details, as particular circumstances may require, and confidence enough in it to take it themselves.

THE COURSE OF MEDICINE should always be considered necessary, where there is much disease; and is at *all times* PERFECTLY SAFE; although, at some times, it may be productive of symptoms which may excite alarm with persons unacquainted with its operation. A particular description of these symptoms will be given under the head, **LOBELIA**.

And now, kind reader, if you have condescended to follow us thus far in our task, we ask you to lay aside all prejudice and prepossession, to reflect on the simple facts we have stated for your perusal; and, having well weighed the subject, that you should seriously make up judgment, as your good sense may dictate. And while you may be forming your decision on the question, we will leave you, and hasten to the completion of our task.

BOTANIC MATERIA MEDICA:  
OR A CLASSIFICATION OF THE MEDICAL PLANTS  
USED IN COMMON BY BOTANIC PRACTITIONERS.

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We do not enter on this part of our work with the intention of minutely describing all medicinal plants. Such an undertaking would require a volume much larger than the reader would probably have the disposition to peruse. It is our purpose, however, to name a sufficient number of such as we consider most serviceable for family use, and to designate their medicinal virtues. Perhaps, in our catalogue, we shall do much more than this; for in fact, some half dozen of the most efficacious plants, will be found sufficient for all medicinal purposes, ninety-nine times in an hundred.

We shall commence our catalogue with

LOBELIA:—OR THOMSON'S No. 1.

This plant is truly the medicinal Sampson of the vegetable kingdom. It has more intrinsic value than any other half dozen that have ever been discovered. As an emetic, it is far, perhaps infinitely, more valuable than any other article contained in all the Pharmacopoeias of the medical world, mineral or vegetable. It possesses far greater powers of action, and operates with greater certainty, and has a more salutary effect on the diseased system, than any poisonous mineral, and of course dangerous, pre-



paration; while, at the same time, it is perfectly safe in all possible cases, and under all circumstances, except the following.

The only case we know of, in which the exhibition of this medicine requires particular care, and much judgment, is, when a large quantity of poison has been swallowed, either in the form of medicine, or otherwise, and lies dormant in the system. Then the same danger attends the use of Cayenne pepper, either by itself, or in combination with Lobelia. In such cases, the poison lies dormant, from the want of sufficient heat to cause it to act. In this situation, the Lobelia and Cayenne, or either of them, if there be life enough left to act upon, will produce action. Of course, there will be a contest in the system, between the poison, and the renovating and invigorating effects of the Lobelia and Cayenne. This struggle will continue till one or the other shall have conquered. Either the one will expel the poison, and restore health, or the other will extinguish life. This fact is fully illustrated in the narration of a fatal case under the head of **CROUP**; and to which the reader is referred.

In other cases, Lobelia is one of the most innocent articles that can be imagined; and it may be used with as little apprehension of danger, as the most simple herb tea; and should be given till the desired effect shall have been produced. With children, we have almost invariably found it all that was necessary, except some other preparation intended for the cure of canker. Of the mode of administering Lobelia, we shall speak in another place.

## CAYENNE—OR THOMSON'S No. 2.

Cayenne, we believe second only to lobelia, as a medicinal vegetable production. All medical writers admit it to be the purest stimulant known; and it is certainly the most permanent. Its effects will remain in the system for hours, producing a genial glow of warmth through all its parts, when any other stimulant would scarcely produce even a momentary sensible effect.

This article, in some form, and some proportion, enters into nearly every Thomsonian compound, and is in truth applicable to almost all cases of disease. Of itself alone it is a most valuable article, either to be taken internally or applied externally; and cannot be used amiss, except when the stomach is cold—then it should be taken in small quantities, and not in quick succession, or it may produce considerable distress, which is not necessary, though we have never known any harm to result from it finally. The cayenne of African growth is the best, and may be taken in doses of half a tea spoonfull or more, as long as may be deemed necessary. A small quantity of this should be added to the other medicines, for severe cases or complaints of long standing.

Although we are strong in the belief of the almost inestimable virtues of this article, still we do not approve of its constant use, more than that of other stimulants, when in perfect health. Persons in full health are sufficiently prone to gourmandise without the aid of stimulants to create an artificial and ravenous appetite. Besides, by constant use, the system becomes so habituated to it, that its desired effect as a medicine is lost.

BAYBERRY, POND LILY, HEMLOCK BARK,  
SUMACH, WITCH HAZEL, RED  
RASPBERRY LEAVES.

These articles are all valuable medicines in cases of canker, and together with several others, constitute what Thomson denominates No. 3 ; and though not directly active in removing the first cause of disease, are still indispensable to the recovery of sound health. Canker frequently becomes the principal complaint after the first symptoms disappear. Then, these medicines become absolutely necessary; and, for our own part, we believe there are no better ones for ordinary use, that have been mentioned.

Any one or more of them is highly useful in bowel complaints. You may prepare them in the form of a strong decoction or tea, and sweeten them to the taste ; or they may be made into a syrup, with brandy and sugar enough added to keep them sweet.

POPLAR, BALMONY, BARBERRY, AND  
GOLDEN SEAL.

These are all very good bitters or tonics for the stomach and bowels, after a course of medicine. They form the basis of Thomson's No. 4. The poplar is very good in a tea, for the lack of urine ; and, in such cases, should be drank freely. It is also useful for consumptive patients; and for those troubled with dropsy. Balmony is of itself an excellent bitter, and useful in case of worms. The barberry is also a good bitter, particularly for jaundice.—The golden seal is the best thing we have ever seen or heard of, to prevent distress occasioned by food. And

when the compound taken before eating, is not sufficient, this should be taken in half teaspoonful doses afterwards.

#### PEACH MEATS.

These are highly valuable, and have long been used for medical purposes. The preparation recommended by Thomson, and which he calls No. 5, is a syrup of peach meats combined with poplar bark, and some of the articles recommended for canker. This compound is one of the best remedies that can be offered for the bowel complaint. It is also useful for the cure of weakness.

#### GUM MYRRH

This is an excellent article for the purpose of strengthening the stomach, assisting digestion, and preventing mortification. It is one of the principal ingredients in Thomson's No. 6, which is now in general use in almost every family in the United States.

#### GINGER.

Ginger is so generally known, and in such common use, that people think but little of it as a medicine. Yet it is one of the best stimulants known. We have known several important cures effected by means of this article alone. We would advise all who are afraid of cayenne to substitute this for it. Care should be taken to obtain that which is pure, and that is somewhat difficult, unless it be purchased in the root, unground.

#### WANDERING MILKWEED.

This is sometimes called American Ippeeae. It will operate as an emetic, though we consider it rather dangerous when given in sufficient doses for that purpose.—The use we make of it is, according to Thomson's direc-

tions, in small doses for physic. It is an excellent article to add to the vegetable bitters or powders, when intended for persons of a costive habit.

Since Doctor Thomson has discontinued his practice, he thinks he has made a great improvement by rejecting this article, and every other of the nature of a cathartic, as being not only unnecessary, but also actually injurious. We have no objection to this doctrine, as far as circumstances will warrant us in carrying it out. But we frequently find cases in which mild cathartics, we think, are not only useful but necessary; and in all such cases we give them, either in the form of powder, pill, or syrup, as may seem best.

#### PRICKLY ASH.

Both the bark and berries of this shrub are useful as medicines, though we prefer the berries. We use them principally as an ingredient in the wine bitters; though they may be used in various other forms as a tonic.

#### BURDOCK.

The seed, leaves, and root of the burdock are very useful—the seeds as a diuretic—the leaves to bind on any part affected, to excite perspiration—and the root, as one of the ingredients of a syrup for persons afflicted with humors.

#### WILD TURNIP.

This plant possesses some medicinal properties. It is said to be an excellent remedy in the colic. We have only used it in the cough powders, in accordance with the Thomsonian prescription.

## WORMWOOD.

This possesses medicinal virtues in which we have great faith. It is excellent as an external application; and we have often witnessed salutary effects from it, when taken internally. For bruises, sprains, and almost any case of lameness, we believe it is quite equal to anything else.

Our method is, to take 2 parts of wormwood, and one of arsmart, and to steep them in vinegar till a strong decoction has been obtained without much boiling: then add one third alcohol, and it is fit for use. This is to be applied externally; and when the application is made, a dose of the composition powders or of the hot drops should be taken immediately. A tea made of wormwood is good to regulate the stomach and promote digestion.

## LADY'S SLIPPER.

This is an excellent nervine, and is what Doctor Thomson calls nerve powder. It is a valuable medicine for nervous persons. It should never be omitted, but mixed with all the other medicines in half teaspoonful doses.

## WINTER GREEN.

Winter green is a good article for a tea, to be drank freely by those troubled with humors. It is also useful to make a wash for external application.

## THOROUGHWORT.

In the Thomsonian practice, this, though an excellent herb, is not much used, there being many others which possess nearly the same virtues. It is an intense bitter, and is productive of a very good effect on the internal viscera. In large doses, in warm decoctions it acts as an

emetic—in cold infusions it is cathartic. It is useful in coughs and hysterics, and sometimes proves a valuable diuretic.

#### HOARHOUND.

This herb is a very good remedy for a cough. It is one ingredient of Thomson's cough powders. It is highly useful in a syrup to loosen phlegm caused by cold.

#### HOPS.

Hops operate as a nervine, and may be used alone in infusion, or combined with other articles: they are useful also for an external application in cases of pain; when they should be enclosed in a small bag, wet with hot vinegar, and applied to the part, as hot as it can be borne.

#### SKUNK CABBAGE.

Skunk cabbage is a good article for a cough, and is also a nervine, useful in case of fits. It forms a part of Thomson's cough powders.

#### BUTTERNUT.

A syrup made by boiling down the bark of this tree, operates as physic; and Thomson says it is one of the mildest and most harmless cathartics he knows of. We are disposed to agree with him in this opinion, for we have frequently given it, and always with good success. It is an excellent remedy for children troubled with worms, to be given after the emetic.

#### PEPPERMINT.

Given in a tea, this plant is serviceable to relieve and check vomiting, expel wind, to relieve hysterics, and prevent griping after having taken physic.

## SPEARMINT.

Spearmint is a powerful anti-emetic, and will check vomiting when almost every thing else has failed to do it.

## CHECKERBERRY.

By many this plant is used in syrups and diet drinks; but we are of opinion that it possesses no medicinal properties of much value. Its principal use with us is, to add a little of the essence to other articles, to counteract any disagreeable smell.

## CATNIP.

Catnip is an excellent herb for small children, when troubled with wind; and it is also useful for nursing women to drink freely, especially if they have but little milk.

## WILD CHERRY ROOT (BARK).

This bark is both bitter and astringent; and is therefore an excellent remedy when the bowels are relaxed. It acts on the stomach as a tonic. A syrup of this bark is one of the best articles we have ever found for the bowel complaint.

## TANSY.

Tansy is a very good bitter, and is also somewhat diuretic. It is useful for female obstructions, and may be drank freely without danger. But the oil is a dangerous article, and should never be taken.

## SLIPPERY ELM.

This is an excellent article, and should always be kept by every family. For poultices it has no equal. Internally, in cases of diarrhoea and dysentery, it is highly use-



ful, to sheath the stomach and bowels. It should also be used in injections. When this is done it will prevent bloody discharges and loss of strength.

#### CLIVERS.

Made into tea, these are serviceable in cases of female obstructions, and also for all diseases of the urinary organs.

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We here close our account of medicinal plants, leaving many valuable ones unnoticed, as the limits of this work will not permit us to be more particular. Yet, we believe, as many have been mentioned as will be found necessary for general family use. We have, at the same time, omitted descriptions of the plants named; as no one ought to undertake the collection of plants for medicine, without some other knowledge than that to be derived from printed descriptions. Any who may wish to obtain the knowledge from books, should consult those in which the descriptions are illustrated by accurate drawings. We have not undertaken to teach botany, but merely to speak of diseases and their remedies; and that merely to put our readers in the way to preserve health, by holding out to them a safer and a better method than that of bleeding, blistering and poisoning. If we succeed in this, our own object is gained, and the reader we would hope satisfied.

## BOTANIC COMPOUNDS, AND THEIR USES.

Since having commenced this work, we have been somewhat at a loss what plan to pursue as to this part of it. Should we publish receipts for the compounds as laid down in Thomson's works, we are well aware we should displease him, though his patent right for the compounds, as therein published, we believe has expired. He has, it is true, obtained what he calls an improved patent, which he has not yet published, though we have had a copy in our possession more than a year; and we candidly believe that, instead of being an improvement, it is actually a *worsement*, if we might coin a word to express our meaning. We therefore have no disposition at present to publish that, though we have a perfect right so to do.— Finally, our conclusion is, not to give any directions for compounding the medicines, at present, though we probably shall at a future period. And this conclusion has been formed without reference to any considerations connected with Doctor Thomson, or his patent right.

It is hoped that this course will prove satisfactory to the reader, as all those who wish for the medicines used in the Botanic practice, and would prefer to compound them for themselves, will find what has been already said sufficient for their purpose, as we have separately named the articles of which the Thomsonian compounds are constituted.—

All therefore who feel disposed, and will give some little attention to the foregoing hints, may prepare medicine according to their own judgment, and may perhaps make actual improvements. In this course there can be no danger, as the articles recommended are safe and innocent—and the principles and theory of the practice are so simple and so clearly laid down, that no one of common capacity need mistake them.

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## MODE OF ADMINISTERING THE MEDICINES,

### AND THEIR OPERATION.

We shall commence by giving directions for what is termed a Course of Medicine, which will be done in a manner so plain and simple, that almost any one who can read the prescription, may learn the whole truth of this operation, which has been talked of so much. It must, however, be borne in mind, that it is out of the question to lay down any certain and definite rule, applicable to all persons, under all circumstances. Our aim is therefore merely to state our general plan, which must be varied in some of its details, occasionally, as, in the judgment of the operator, circumstances may demand.

We usually commence with a dose of the composition powders, about an hour previous to any farther proceeding, both to warm the stomach and prepare it for other medicine. It is a very good method, in long standing cases, to

give this medicine for several days previous to the *course* to be taken.

The first part of this course of medicine, as the writer administers it, is, an Injection. But this is sometimes omitted by request of the patient, when not essentially necessary; yet it is best never to dispense with it, as it never does harm, and sometimes assists the operation of other medicine, in an astonishing manner. We have known this alone, to cure a most inveterate head ache, after the emetic and vapor bath had failed to accomplish the object.

The common way to prepare these, has been several times mentioned in the foregoing pages; but, for a course of medicine, our method is somewhat different. First, make what Thomsonians call *coffee*; which is a decoction of the canker medicines. Strain off a tea-cup-full, and add a teaspoon-full of the Hot Drops, and a half teaspoonfull of Cayenne, the same quantity of Nerve Powder, and a teaspoon-full of pulverised Lobelia. Let it be administered with a common Syringe, when about blood-warm.

Having done this, a dose of Composition Powder, or one of pepper tea, is prepared, and one half of it given.—The Injection will sometimes occasion distress, and even vomiting; but, should this be the case, it will be the better; for it shews that the system is sensibly affected, and that the operation will do the more good. This operation generally occupies but a few minutes; and when it is over, the patient is placed in the bath, with the mercury at about 80 deg. The temperature is gradually raised, as

the patient can bear it, to 100, or 110 deg. After going into the bath, the remainder of the composition Powder, or pepper tea, above-mentioned, is given.

As the vapor becomes warm, the patient should be furnished with a bowl of cold water, and a sponge, to wipe the face and breast. Should the vapor cause any difficulty of respiration, which is rarely the case, he should be permitted to withdraw the curtain of the bath, occasionally, and to thrust the head and face out.

After having remained in the bath from fifteen to thirty minutes, at the choice of the patient, the person should be rubbed dry, clothed with its linen, and, being enveloped in a blanket, be removed immediately from the bath to the bed. A hot stone should then be placed at the feet, to continue the perspiration.

The next thing in order, which we practice as a general rule, is, to administer an emetic, as follows:—viz.—Half a teacup-full of Pennyroyal tea, sweetened—To this, add one third of a teaspoon-full of Hot Drops—Half a teaspoon-full of Nerve Powder—and one teaspoon-full of pulverised Lobelia [*the herb.*] The latter must not be added till the tea has become cool enough to drink.

After having given the above, we usually give as much Pennyroyal tea, as the patient is willing to drink; and in the course of fifteen or twenty minutes, give another dose similar to the first, except, instead of Pennyroyal, we substitute the Thomsonian Coffee, or a tea made of some of the eanker medicines.

If these should not produce a sufficient effect, and they rarely fail, we give another dose in about twenty minutes,

similar to the last; only, instead of the pulverised herb, (Lobelia,) we substitute a teaspoon-full of the pulverised seeds of the same plant.

Immediately after the vomiting, each time, we give a bowl of *milk porridge*, to prevent the wind from accumulating in the stomach, and to strengthen the patient; and as much herb tea, of any kind, as the patient may wish for. When the stomach is quite sour, a piece of *Sal Eratus* of about the size of a pea, is dissolved in warm water, and given.

After the emetic has ceased to operate, the patient is returned to the bath, with the degree of heat, as near as can be judged, about equal to that of the bed just left:—he remains in the bath about five minutes, with the heat raised gradually, as high as it can comfortably be borne.

After that, the patient is showered with *cold* water, in quantity, from two to four quarts. Should the person, from any cause, be unable to remain in the bath till completely warmed, a little *warm* water is added to the shower bath. And if the patient be much opposed to the shower bath, the steam of the vapor bath is gradually let down, and the person washed with spirits and water;—which will generally answer every purpose.

When a person is very weak, and becomes much exhausted by the operation of the emetic, the last bath is frequently omitted. In this case, the patient is rubbed over with spirits, and dressed, or put into another bed, as ability may permit.

This is what we call a course of medicine. But the reader is not to understand, from it, that a patient must

go through with all this ceremony, or do nothing. It is very seldom essentially necessary, that one should pass through this entire process, to obtain relief. Nor do we invariably carry out this plan in all its parts, in giving a full course. On the contrary, we vary in any part, according to our judgment; and any person who undertakes to administer it, should do the same. One thing however should be borne in mind:—*Give medicine enough; for it is safe.* It is certain to operate, if given in proper quantities.

In some certain cases, some of the articles might be omitted, without making any essential difference; as, for instance, persons not nervous might omit the nerve powder—those whose systems have not lost much of the natural heat, might diminish the prescribed quantity of cayenne—while those with whom the reverse is the case, should increase it. If there be no danger of mortification, the hot drops may be omitted; but not otherwise on any account.

After all, we consider it best to use all these articles, if they can be obtained, as they can do no possible harm, and it is impracticable always to learn exactly what is, and what is not, absolutely necessary.

After the course, we prescribe the Vegetable Eitters, and Composition Powders—the former before eating, and the latter at night on retiring to rest: to these add the Nerve Powder if necessary; and Bitter root, Butternut syrup, or a few cathartic pills, should the bowels be co-tive.

## THOMSONIAN EMETIC.

This article, in the form in which we prepare it for sale, is very similar to that described in the directions for a course of medicine. Previous to taking it, a person should take a dose of composition powders, and get into bed ; placing a hot stone at the feet. It should be given one third part at a time, once in twenty minutes, in a tea made of the leaves of the red raspberry, or of some other vegetable useful for canker. When these cannot be obtained, Pennyroyal or Catnip may be used as a substitute for them. After the operation, the person should be rubbed over with spirits and be dressed, or, which is most proper in some cases, go into a dry, warm bed. If the bowels are costive or painful, an injection should be administered before the emetic, if practicable. If not, afterwards give a dose of the cathartic pills ; or bitter root or butternut syrup enough to move the bowels.

## TINCTURE EMETIC.

This is a weak preparation for an emetic, principally composed of lobelia, and designed particularly for the use of children, and persons not wishing for a powerful medicine. It is the most convenient form in which lobelia can be prepared for family use, as it is always in readiness, and can be given at a moment's warning. It is highly useful in the asthma, and all complaints of the lungs. It is also a valuable counterpoison, either taken internally or applied externally. Dose—A table spoonfull, three times, for a grown person—Half that quantity for a child ; though more may be taken, if necessary.



## THOMSONIAN THIRD PREPARATION.

This is the strongest preparation used in the Botanic practice; it being composed mostly of Lobelia, Cayenne, and Hot Drops. It is particularly useful in all severe cases; such as fits, spasms, cramp, locked jaw, &c. Dose—A teaspoon-full, or more, if necessary.

When the jaws are set, it should be put in between the cheek and teeth, with the person lying on the back; and as soon as it reaches the glands, the jaws will come open.

It is a safe medicine, though strong. We have, several times, given from two to four ounces to one person in an hour, with a good effect. When a person needs a powerful emetic, this will be found the best preparation. It should be taken a teaspoon-full at a time, three times, at intervals of twenty minutes. It should be taken in the Thomsonian Coffee, or some warm herb tea.

In severe cases of Croup this should be given freely, combined with a little goose oil; and followed immediately with some porridge, or something, to keep up the strength.

We have never seen cause of alarm in giving any of the foregoing preparations. As much warm tea and porridge as the patient can conveniently drink, should be given. There is no danger, though in particular cases, a person may lie entirely insensible for several hours. This is not very common, but is a good omen when it occurs, as it shews that the medicine has taken effect.

## RHEUMATIC HOT DROPS:

## OR, VEGETABLE ELIXIR.

This is a valuable medicine, and may be truly said to

be "*good for every thing*;" though we cannot say as some do, the "*best thing for every complaint*." For internal use, and external application, this medicine is valuable in Rheumatic complaints, and swellings, and to prevent mortifications. It is also highly useful for sores of all descriptions; as by keeping them wet with it, and taking a small quantity inwardly, it soon produces a tendency to heal.

This is, likewise, almost a certain remedy for dysentery in its incipient stages, in doses of from a teaspoon-full, to half a wineglass-full; to be repeated till the patient is relieved. The usual dose of this Elixir is, from half to one tablespoon-full taken either clear, or in milk, molasses, or warm water.

It is a good wash in case of humors, combined with an equal quantity of Tincture of Lobelia, and one eighth Spirits of Turpentine. Some warming medicine, as Hot Drops, or Composition Powders, should be taken internally, when this wash is applied.

This is a medicine which should always be kept on hand; and persons afflicted with cough, with tooth ache, &c, would do well to carry a vial of it in the pocket, to make use of when necessary.

#### COMPOSITION POWDER.

This powder is simple, safe, and valuable; and, with the exception of the Hot Drops, in more general use than any other article in the Thomsonian practice. It is calculated to give relief in almost all cases, though not effectual to remove long standing complaints. It will generally be found sufficient in the first stages of disease.

The Composition Powder is particularly calculated to cure colds, and remove the obstructions occasioned by them ; though sometimes in such cases it may be found necessary, in connexion with this, to place a hot stone at the feet, and to drink freely of herb tea. Should these fail, recourse should be had to the emetic, or a full course of medicine.

#### COMPOSITION SYRUP.

The syrup is similar to the powder, only it is prepared in a liquid form. It may be taken in the same manner for the same purposes.

#### VEGETABLE BITTERS.

These are intended to create an appetite for food, and promote digestion. They should be taken for a few days after having taken an emetic. We usually prefer the preparation of these in water; but they may be prepared in wine for those who choose it.

#### ANTIDYSPEPTIC WINE BITTERS.

Much the same properties and virtues are possessed by this preparation as the last named compound; but they are somewhat more strengthening, and in some cases produce a more salutary effect: they are also more pleasant to take; and even persons who have a great antipathy to medicine will not be likely to make up wry faces at these.

#### PEACH SYRUP.

For weakly and consumptive persons the peach syrup is intended as a restorative. It is also an excellent remedy for looseness of the bowels. We usually prepare it in

different ways ; some expressly for children, and some stronger and warmer for grown persons.

### CATHARTIC PILLS.

Strictly, these are not a Thomsonian compound--though they are entirely vegetable, and a safe medicine. We purchased the receipt for preparing them at considerable expense, from an experienced practitioner, who now is, and for many years has been, an Agent for Doctor Thomson. We have found them a valuable medicine, in all cases where cathartics were necessary. In their operation they are very slow, and rarely cause either pain or weakness.

We have been repeatedly urged to advertise these pills, but have always declined to do so ; for, though physic is sometimes necessary, we believe the public have already the disposition to take too much of it.

### STRENGTHENING PLASTER.

This is a compound, formed mostly of burdock and mallen leaves, combined with a sufficient quantity of turpentine and rosin to make it of the proper consistency to be spread on the leather. It is a very good preparation to apply to the back, or other parts of the body, affected with weakness.

### COFFEE--OR CANKER COMPOUND.

We have already said that, where there is much disease there is always some canker. Hence this medicine is always necessary in case of sickness. It is somewhat astringent, and therefore it will occasionally be necessary

to follow it with a mild cathartic, to counteract the effect produced by that property.

### NERVE POWDER.

It is composed of the American valerian; and is one of the most valuable medicines for nervous affections to be found in the vegetable kingdom. We have given it freely in connexion with other medicines for bowel complaints, and have found it very serviceable.

### COUGH POWDER.

This is calculated to loosen and remove the morbid matter which causes the cough, from any part of the system in which it may be deposited. It should be taken often, till it produces nausea, and till relief shall have been obtained. If this be insufficient, try an emetic.

### SALVE.

Thomson gives a receipt for preparing this article, which is a very good one. But, like most other compounds, it requires to be prepared in various proportions, to be applicable to various cases. However, we use but very little of it, generally preferring a poultice, or to keep the part affected wet with hot drops. We thereby avoid the use of any oily or greasy substance, which we believe to be generally injurious, either for food or medicine.

### NERVE OINTMENT.

By the use of this ointment, the hard and contracted muscles are softened and relaxed. It is one of the best preparations for that purpose we have ever found. But,

whatever oil remains on the surface that will not absorb, should be removed from the skin by means of soap and water, lest it should obstruct the pores.

### POULTICES.

These are very useful, and should always be applied when there is any probability that they are necessary.—The great object of them is, to keep up a gentle perspiration in the part affected. Any thing that will do this, is good, though there are some things which are better than others. The description generally used by Thomsonians, is composed of powdered crackers, ginger, and the bark of the slippery elm, moistened with the *coffee*. It should always be applied cold, where there is much heat or inflammation.

We sometimes substitute cayenne for ginger, as long as it can be endured, in case of severe pain, at the same time giving plenty of warm drinks.

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### CONCLUSION:

#### AND GENERAL REMARKS.

We now close this part of our work. We repeat, most of the agents in common use in the Thomsonian practice, have been noticed. It is believed, however, that no good practitioner, or other intelligent person, can for a moment suppose it necessary, that all these ingredients should be compounded in just such proportions, or become useless. Circumstances always alter cases; and therefore the compounds will, many times, be improved by some slight va-

nation from any specific rule, though they may not be essentially necessary. For our own part, it is our uniform custom to make medicines, as far as our judgment goes, as nearly as possible to suit the ease for which we recommend them. We also assure our readers that there can be no possible danger in using them as they may think proper; for they can do no harm, though with some attention to the subject, they might make them better.

In conclusion of the discussion of the topics which occupy the preceding pages, it may be incumbent on the author to offer his readers something in the form of apology. The undertaking was not induced, either by a love of notoriety, or of book-making, or the hope of gain.—Nor yet, does it owe its birth to the supposition that the author possessed abilities to execute it, superior to others who have given their attention to the subject.

The causes which prompted him to offer this little volume to the public, were, a desire to benefit his fellow-men, and extend the knowledge of the Thomsonian practice. Confident, as he is, that that practice is eminently calculated to baffle and cure disease, in all its variety of form, he considers it the great friend of the human race; and that a general acquaintance with its principles, accompanied with well established facts, is the most certain method, if not the only one, of removing popular prejudice, and bringing the practice into general use. Satisfied, as he also is, that a great amount of suffering is created, and a vast number of lives sacrificed, by the fashionable practice of the day, to say nothing of the enormous expense incurred by it, the author considers it the indis-

pensable duty of every one who can, to contribute his mite to enlighten and inform the public mind on this tremendously important subject. These impressions must serve as his apology for the publication.

We are fully aware that the work is imperfect, and does not go so much into detail as many might wish.—Our engagements have been such, during its progress, that we could not give that attention to it we could have wished; but, whatever may be its imperfections of style and language, its principles will be found correct. As to details, we have gone as far as was thought necessary for ordinary family use, and that was all that was contemplated at the outset. To obtain the requisite knowledge for general practice, study and experience are necessary. On the subject of midwifery, we have said nothing, though our experience in this profession has been extensive, and our practice eminently successful; as also in diseases peculiar to females. We deemed these to be subjects of too much delicacy and importance to make parts of a work like this for common use, and have therefore omitted them altogether.

It will be seen however, by reference to a Prospectus at the end, that we have it in contemplation to publish another volume at some future period, a part of which is to be expressly devoted to these subjects; and which, when completed, can readily be put into the hands of those for whose benefit it will be designed.

We submit the foregoing pages to the perusal of those who may deign to give them a reading, asking only that they may be reviewed with candor, and receive no more



attention than that to which their merits may entitle them.

### FAMILY STOCK OF MEDICINE.

Probably a vast majority of families are in the habit of depending entirely on physicians in case of disease ; and, never keeping medicine at hand, resort to them for aid in every emergency, however slight. This is not so much to be wondered at, as people are taught, and as most believe, that the practice of medicine is a very intricate science, which requires years of study before any one should presume to engage in it. Still less wonderful is this fact, when we consider that the preparations generally used as medicines are highly deleterious drugs, always dangerous under all circumstances, and more especially in unpractised hands, and unless a patient be much diseased. The Botanic practice labors under no such difficulty. Its theory of disease, correct in fact, as proved by long experience, is too plain and simple to be mistaken ; and the remedies it prescribes are so perfectly innocent, and at the same time so eminently efficacious, that they may be safely administered at all times. With these remedies at hand, and some attention to the first symptoms of disease, those having the charge of families might, nine times out of ten, prevent sickness, or cure it, without the trouble and expense of medical attendance, and without the dangers which attend the usual medical practice.

Besides these considerations, there are others. In many instances, when persons appear to be but slightly diseased, the call for medical aid is delayed, till the disease gets on

an aggravated and dangerous form, which, when too late, creates alarm, gives birth to a protracted course of sickness and suffering, and, in thousands of cases, eventuates in death. Innumerable are the instances, in which these distressing, and frequently fatal evils, might be prevented by timely aid, and the means which every family might have at all times in its own possession, would they but dismiss the fashionable practice and prejudices of the day, and furnish themselves with the simples which nature has abundantly provided for the prevention of disease, and the restoration and preservation of health.

In the foregoing pages we have labored to place this important subject before the reader in its plainest form.—We have named the most valuable of nature's productions for the promotion of the grand object of medical practice—have pointed out their medicinal properties—described, as far as necessary, the modes of preparation, and the process of administering them, as well as their operation and effects. After all, there are but few who have either opportunity or inclination to search the fields and forests for these productions; therefore, for the benefit of those who would avail themselves of the labors of others in this respect, we would recommend to them, even if they do not wish to become their own physicians, the following stock of family medicine, which the writer will prepare for the prices annexed.

Four prepared Emetics - - -	\$1.00
Two ounces of the Third Preparation -	50
Half pint bottle of Tincture Emetic -	50
One quart bottle of Hot Drops - - -	1.00

Quarter pound	Cayenne	-	-	-	25
Do.	do.	Composition	-	-	37
Do.	do.	Vegetable Bitters	-	-	37
Do.	do.	Coffee	-	-	25
One box of	Pills	-	-	-	50
Two ounces of	Nerve Powder	-	-	-	25
					<hr/> \$5.00 <hr/>

Those who purchase the above quantity of medicine at one time, will be furnished with a copy of this book, *gratis*—and to those who may not wish for the book, a proportionate discount will be made, provided they shall have previously obtained one. The above medicines are genuine, and carefully prepared; and are all put up with printed directions for their use; which, together with what may be found in this volume, will qualify any one to administer them in all ordinary cases.

To the above list, we might add the Anti Dyspeptic Wine Bitters, an article in common use among dyspeptic and weakly persons, as well as the Peach Syrup, the Cough Powder, and several other compounds. But, as these are not generally necessary, when the above have been taken in proper season, we omit them in the list of family medicine; though they can always be had, and never should be neglected, when circumstances render them necessary.

The following letter, from a friend, we have concluded to insert in this place, instead of publishing it in the columns of the Botanic Advertiser.

Doct. BROWN—

*Sir:*—Understanding you are about to publish a work on the Thomsonian system of medical practice, I would take the liberty to offer a remark or two on the subject, and to express my wishes for success in the undertaking. Permit me also to express the hope, that your book will be calculated for the common understanding, and free from that unintelligible jargon which wraps the medical science in the robe of mystery, and hides from the great mass of mankind, the plain and simple facts important for all to know.

All other sciences have been laid open to those who will take the trouble to read, if we except here and there a word of barbarous Latin or Greek, which the pedantry of professors still insist on retaining as the relics of those dark ages, in which, what little science there was, was held as a sacred mystery, and imparted under the charge of secrecy, and the sanction of the most horrid oaths.—But the science of medicine, if the quackery of the profession be worthy to be denominated a science, still retains its mystic garb; whether because the faculty are too much ashamed of it to expose its deformity, or because afraid of being fleeced of their monopoly, I will not pretend to say. One thing however is very evident; and that is, the determination on their part, to admit of no competition, if they can possibly prevent it by arbitrary laws, by persecuting those who dissent from them, and by keeping the world in ignorance of the truth.

I need not inform you that, be the merits of your book what they may, provided it deal in plain matters of fact, it will be denounced by some, and ridiculed by others, whose interest it is to promulgate error. Nevertheless, it is to be hoped that there is independence enough in a good portion of the community, to read and judge for themselves in defiance of prejudice and dictation; and on such it depends, to spread truth and enlighten the human mind.— On these it devolves as a duty, in my opinion, to aid the work of medical reform, and prevent a practice, if possible, which has probably killed as many persons as it has ever cured, and entailed as great an amount of suffering on mankind, as disease itself. I cannot but hope, sir, that your book will be worthy of patronage, and that those who are the friends of medical reform, will lend their aid to promote its circulation.

I am not a physician—I have never studied medicine.— And all the knowledge I have of the practice, is what has been obtained from personal experience under medical treatment, observation, and an occasional glance at a medical work. From all these, as well as by conversation with medical men, I have become perfectly satisfied, that nine tenths of what is termed medical science is mere cant, founded in conjecture, and regulated by no definite scientific laws. I am the more full convinced of this, by the undeniable uncertainty that characterises the judgment of physicians in doubtful and dangerous cases of disease, the difference of opinion which exists among them, and the variety in their modes of treatment for the same complaint. And if any other proof were wanted of the fallacy

cy of the practice, it might be found in abundance in the records of mortality, shewing the vast disproportion in the numbers who perish under the treatment of the regular faculty, and of those who die in the hands of persons who practice on the simple Botanic system.

I am well aware of the clamor raised against the Botanic treatment, when any one who submits to it, happens to die; a very rare occurrence by the way. I have read some score of newspaper articles, intended to frighten people out of their wits by painting the horrors of being poisoned with Lobelia, burnt up with Cayenne, and steamed to death in a vapor bath. But I perfectly understand all this tirade, it being neither more nor less than a measure to prevent people from forsaking the mercurial, bleeding, and blistering tribe. People will die, sometimes, no doubt:—And it is not at all strange that some die after taking Thomsonian medicines, if calomel and the lancet have not killed them before; but the very few cases of death under the Botanic treatment, which the M. D's find occasion to dilate upon, shew incontestibly, the superiority of the practice to their own.

On the perusal of these accounts, one cannot forbear to indulge in some reflections. Physicians, it is believed, readily admit, that calomel, tartar emetic, arsenic, and several chemical preparations they administer, unless thrown off from the system, either by their own operation, or that of some other agent, produce much danger, if not fatal consequences. And it is well known that, in desperate cases, they give medicines which must "*kill or cure.*" Suppose the same were true of lobelia, what

then? There is, I am fully persuaded, not an article in the entire *Materia Medica* of the faculty so certain to produce an operation, as this is. If then, it were equally poisonous with their chemical preparations, it would be just as much less dangerous to give, as it is more certain to operate; and their clamors against it would be idle.

But I am also satisfied that there is nothing poisonous about it. It is a medicine of which I have never swallowed the smallest particle; but I have seen many who have taken much of it, and who, so far from experiencing any ill effects from it, have been restored to sound and permanent health. Instead of lobelia, I have, in years past, taken calomel; and the effects of that drug are still very sensibly felt in the system, and probably will be during life. In fact, it is doubtful if any person can be found, who has ever taken much of it, who could not tell you of some injurious effects from it; but I have never known a person in the habit of taking lobelia, who complained of any injury as the result.

Whenever I hear of a person who is said to have been killed by lobelia and the steam bath, I look around me. Here is a city containing twenty thousand inhabitants; and it would probably be difficult to point out many days in the year, on which some funeral procession does not pass our streets on the way to the grave; and sometimes these processions amount in number to four or five. There goes the corpse of a hoary headed sire to its last lonely rest. I inquire, what killed him? The reply is—old age.—Another passes, who a few days since, in the meridian of life, was in the enjoyment of vigorous health. Death now

numbers him among his victims. What killed him? A fever. That youthful personage who was cut down in the morning of life, by consumption; and that child by croup. Perhaps there are others who pass, some the victims of small pox, some of measles, some of scarletina, others of dysentery, &c. &c. all killed by disease—not one of them the victim of calomel, blisters, or the lancet. But—stop—who goes there? That is a person who has, for many years, labored under a malady which the best physicians pronounced incurable. Finally, as a last resort, the person applied to a Thomsonian practitioner—but he could not save him, and he died. And what killed him? Why, what could have done it but lobelia, cayenne, and steam. Before he took them, he was alive—he has taken them, and is dead. Yet might it not be said of all the others, with equal propriety, medicine killed them—for they too were alive—they too took medicine, and are dead.

I would inquire now of every candid and unprejudiced mind, why this distinction should be made? Do facts warrant it? When the patient dies in the hands of the regular practitioner, have we not as good right to say that medicine killed him, as though he died under a different treatment? Certainly we have, unless there are facts to warrant the contrary conclusion. Well—what are the facts? Why, it is the regular physician, the party most deeply interested, who reports the death by means of the Botanic practice. But, with respect to the patients he loses, no examination is had, no inquiry is raised, and it is enough to know that the deceased had a regular physician to attend him. *Disease* and not *medicine*, was the



cause of his death. Let another fact be weighed and duly considered, and fact I have every reason to believe it to be, that the regular physicians lose vastly more patients than the Botanic practitioners, in proportion to the number they attend, and the public mind would soon be set right on this score. Let an examination be had of all fatal cases, and I believe the Botanic practitioners would be right willing to abide the issue.

CANDIDUS.

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## PROPOSALS.

The author of this work proposes to publish the "FAMILY GUIDE TO HEALTH," in an enlarged and improved form.

Volume I. will be the second edition of this work enlarged, and, in many particulars, improved.

Volume II. will contain a full and familiar treatise on the subject of Midwifery, and the diseases peculiarly incident to Females and Children:—Also, directions for preparing and compounding the principal Botanic Medicines. Both volumes will contain between 300 and 400 pages of a large size, and will constitute, together, a complete FAMILY GUIDE.

The work will be printed on fine white paper, with new type, and handsomely bound in two volumes.

It will be put to press as soon as one hundred responsible subscribers shall have been obtained.

Subscription price, \$5.

## PROSPECTUS,

For the Third volume of the "RHODE ISLAND BOTANIC ADVERTISER"—to commence in January, 1838.

The third volume of the Advertiser will be published in Monthly numbers, on paper of about the same size as that of the second volume. It will contain accounts of the success and prospects of the Botanic practice, remarkable cases of disease and cures, and such other matter, as, in the judgment of the publisher, may be interesting to the reader in search of medical truth, and likely to serve the cause of humanity.

Those who have heretofore taken and perused the Advertiser, are acquainted with our course, and qualified to judge of the merits of the work. We assure them that endeavors on our part shall not be wanting, to keep up its interest, and to make improvements, as opportunity may occur, and expediency suggest. The approbation with which the work has heretofore met, has given us encouragement to proceed with it; and, while we thank our subscribers for their patronage, we respectfully solicit their aid to increase our subscriptions, and extend our circulation, as the means of enlarging the paper, and enhancing its usefulness.

TERMS—for the third volume—FIFTY CENTS per ANNUM, payable in advance. Three copies, ONE DOLLAR per ANNUM, if all sent to one address.

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ERRATA.—Page 123 ; for, 'He opened a vein and let blood,' read, 'He advised bleeding &c.' but she declined.

# INDEX.

Biographical Sketch of the Author	-	-
Historical account of the Thomsonian System	-	33
Thomsonian Theory and Practice	-	91
Different Diseases, and Treatment	-	116
Fevers - - - - -	-	128
Canker Rash—Scarlet Fever—Throat Ail—Putrid		
Sore Throat - - - - -	-	136
Croup - - - - -	-	141
Dyspepsia - - - - -	-	146
Consumption - - - - -	-	151
Dysentery—Diarrhoea—Bowel Complaint -	-	158
Worms - - - - -	-	162
Cough - - - - -	-	164
Asthma—Fits - - - - -	-	167
Internal Bleeding - - - - -	-	168
Colic - - - - -	-	170
Cramp—Abscess—Boils - - - - -	-	171
Bloody Urine—Ague and Fever—Bruises	-	173
Costiveness—Cancer - - - - -	-	174
Deafness—Dropsy - - - - -	-	175
Hydrophobia—Fainting - - - - -	-	176
Fresh Wounds—Gravel—Sore Eyes	-	177
Locked Jaw—Measles - - - - -	-	178
Mortification—Piles—Rheumatism	-	179
Mumors - - - - -	-	181
Small Pox - - - - -	-	183
Canker - - - - -	-	185
Lobelia—Thomson's No. 1	-	188

- - - - -	190
- - - - -	191
- - - - -	ib.
Peach Meats—No. 5: Gum Myrrh—No. 6	1
Ginger—Wandering Milkweed - - - -	ib.
Prickly Ash—Burdock—Wild Turnip - -	192
Wormwood—Lady's Slipper—Winter Green—	
Thoroughwort - - - - -	194
Hoarhound—Hops—Skunk Cabbage - - -	195
Butternut—Peppermint - - - - -	ib.
Spearmint—Checkerberry—Catnip - - -	196
Wild Cherry—Tansy—Slippery Elm - - -	ib.
Clivias - - - - -	197
Botanic Compounds, and their Uses - - -	198
Mode of Administering, and Operation - -	199
Course of Medicine - - - - -	ib.
Thomsonian Emetic—Tincture Emetic - -	204
Thomsonian Third Preparation - - - - -	205
Composition Powder - - - - -	206
Composition Syrup—Vegetable Bitters - -	207
Antidyspeptic Wine Bitters—Peach Syrup	ib.
Cathartic Pills—Strengthening Plaster - -	208
Coffee, or Canker Compound - - - - -	ib.
Nerve Powder—Cough Powder—Salve—Nerve	
Ointment - - - - -	209
Poultices - - - - -	210
CONCLUSION: and General Remarks - - -	
Family Stock of Medicines - - - - -	215
Communication - - - - -	21
Proposals - - - - -	221
Prospectus - - - - -	222

651

